

Malowane Łoze (Żywiec)

(Poland)



In the Beskid mountains, the local folk (Górale) of Żywiec, like all mountain folk throughout the south of Poland, have a style of music and dance unlike other parts of Poland. I choreographed this dance, which is a compilation of typical steps and movements, to a song recorded by the young singers of the Tatry Folk Dance Ensemble from Oshawa, Ontario, whom I have the pleasure of teaching. I chose the name “Malowane Łoze” (mah-LOH-vah-neh WHAW-zeh) because of the lyrics, which means “painted bed,” and it seems to fit the youthful voices that are singing. This is a progressive couple dance.

Pronunciation: mah-LOH-vah-neh WAW-zeh (ZHEE-vee-ets)

Music: 2/4 meter *Folk Dances of Poland by Richard Schmidt, Stockton 2012, Track 6*

Formation: Couples in a circle.

Steps& Styling: Barrel:

Ptrs face slightly to the side of one another so R hips are close. M extend arms out in front of them as if hugging a tree and W place their arms on top of M's. Ptrs grip each other at the top of the arm.

Side-by-Side:

Cpls stand side-by-side facing the same direction with W on M's R, M's R arm around W's back extending to her waist, L hand above his head. W's L hand is on M's R shldr, R hand on R hip.

Swing steps: Similar to the swing found in the French-Canadian tradition.

- 1 In Barrel pos, above, M and W step R with bent knees, diag in front of L (ct 1). Extend L to L (ct &). Step L to L, keeping the knee bent (ct 2). Extend R across the L leg (ct &). (This step causes a CW rotation with each step, turning the cpl approximately 1/3 of the way through a full rotation.)

Regular Running steps: Light run on the whole foot.

Women's Running steps: Three steps per measure

- 1 On ct & before ct 1, rise onto L toes. A small leap fwd onto R flat foot (heel is slightly off the floor) (ct 1); a small flat step fwd L slightly ahead of R (ct &); a small flat step fwd R slightly ahead of L (ct 2, &). Rise on R in preparation of next step. Same step is done also with opp ftwk and can be done moving fwd or bkwd.

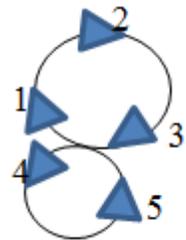
Traveling Steps: One step per measure.

Facing fwd, step R fwd (ct 1) and bring L knee up slowly so foot is a few inches off the floor (cts &, 2, &). This step can be done with L, moving fwd or bkwd.

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
6 meas	<u>INTRODUCTION</u> . Cpls stand facing each other in a large circle with arms behind their back, M with back to the ctr of the circle.	
1-3	<i>Note</i> : The very first time, cpls do not move during these three meas. When the dance repeats, use these three meas to change ptrs by taking four steps L to stand in front of a new ptr.	
4-6	Ptrs bow to each other by bending slightly at the waist. M pretend to remove their hat or actually remove one if they are wearing one.	
	I. <u>FIGURE I</u> .	
1-7	In Barrel position, seven Swing Steps making 2 full CW revolutions. End by releasing M's L and W's R hand to stand in side-by-side facing CCW. Note: M omit the last step so L is free.	
8-11	With M's L and W's R, 8 Regular Running Steps moving CCW (two steps per meas).	
12-14	Six Regular Running Steps in Side-by-Side pos, but M remains in place while the W continues fwd, so that cpl rotates CCW (two steps per meas). Release handhold and end with ptrs facing each other, M's back to ctr, W facing M, hands joined between them.	
	II. <u>FIGURE II</u> . Hinge	
1-3	Three Traveling Steps. M beg L bkwd; W beg with R fwd, all moving twd ctr.	
4-6	Three Traveling Steps. M beg R fwd; W beg L bkwd, all moving away from ctr.	
7-8	Two Traveling Steps. M beg L; W beg R in place facing CCW while letting go of M's L hand and W's R hand and swinging slightly away from the ptr and then back (opening/closing a hinge). M's R and W's L hands remain joined. Free hands go behind the back.	
9-10	M beg L, W beg R, use three steps to make one turn (M turn CCW with L, R, L; W turn CW with R, L, R) along the circle to end facing each other.	
11-12	Hold hands with ptr and take four steps (M = R, L, R, L; W = L, R, L, R) to switch places by rotating CW. M ends on outside of circle facing in.	
13	Stamp free foot in place (M with R; W with L) (ct 1); hold (ct 2).	

Malowane Łoze — continued

- 14 Stamp free ft in place (M with R; W with L) (ct 1); hold (ct 2).
- 15-21 Repeat movements of meas 7-14 but face and travel CW.
- III. FIGURE III. Travel and Turn
- 1-6 In Side by Side pos, 11 Regular Running Steps CCW. On meas 6, ct 2, face each other in Barrel hold with wt on both ft. M's back to ctr.
- 7-14 In Barrel pos, R hips adjacent, M and W use the same ftwk, and turn as a couple 1 ½ revolutions as follows:
- 7-8 Beg with L, two Traveling steps. Body is erect.
- 9-10 Four small flat steps (L, R, L, R), but shldrs hunch slightly.
- 11-12 Beg with L, two Traveling steps. Body is erect. On meas 12, bring both ft together while twisting body so M end facing ctr. 1 ½ revolutions must be done. Meas 7-9 = one rev and meas 10-12 = ½ rev.
- 15-21 Repeat meas 7-14 in opp dir (CCW) using opp ftwk. On Meas 21, M face CW and W face CCW in preparation for next sequence.
- IV. FIGURE IV. DO WIDZENIA. (*doh veed-ZEEN-ee-ah* meaning “Good-bye”)
- 1-6 Traveling away from ptr: M use six Traveling steps beg with L and move CW; W use six Traveling steps beg with R and move CCW. Hands are behind the back.
- 7-14 M stop in place and use seven small Traveling steps to rotate CCW to end with back to ctr, hands behind the back. W use seven Women's Running steps to return to ptr by first making a ½ turn CW on first meas beg with R ft.
- 15-18 In Barrel pos with R hips adjacent, turn CW using eight Walking steps beg with R to end in beg spot (image direction 1-2-3)
- 19-20 Releasing ptr and putting hands behind back, take four more steps turning CCW while turning away, and end facing ptr (image direction 4-5)
- 21 Face ptr and make a quick bow, bending at the waist.



Sequence: The dance is repeated five more times, dancing with six different partners.

Presented by Richard Schmidt