

PRZEWORSKA

Pronounced: Pshe-vor-ska)

Record FOLK DANCER MH Series 4002

Music by Stanislaw Szabat's

Folk Orchestra from Rzeszow

Prseworska

NOTE: The A music is slow, the B music is fast.

FORMATION: Couples in a single circle, M facing CCW, Lady facing CW.
Man has R arm around Lady's waist. Lady has L hand on his R shoulder.
Inside hands hang straight down loosely.

PART I Move towards center, M starts on Lft, Lady on Rft. Sidewards.

Music A

Ct.1 : Step on inside foot to center

Ct.2 : Cross and step on other foot in front of it.

Ct.3 : Do a slight stamp on inside foot to center again.

Ct.4 : Do a slight bounce on inside foot..the free foot is straight out to side. Body leans towards center at this point. Body leans towards center at this point.

CUE WORDS: Step, cross in front, step(stamp), bounce.

Repeat in other direction starting on other foot (Man's R, Lady's L. Now the body will lean away from the center.

Continue in this manner, towards center and away from center 7 times, and the 8th time finish with 2 stamps (Man RL, Lady LR)

PART II

Music B

Man places Lady's R hand on his own L hip and holds it down there with his L hand. Do not drop the hands held in Part I above. In this position dancers will move around the ring with deep bent knees in a sort of pivot. Here is the basic step for Part 2:

LADY:	Walk	Walk	Walk	Walk	Step-together
Counts	1	2	3	4	5-and
Foot	L	R	L	R	1--R
Rhythm	S	S	S	S	Q--Q

MAN:	Walk	Walk	Walk	Walk	step-together
Counts	1	2	3	4	5- and
Foot	R	L	R	L	R--L
Rhythm	S	S	S	S	Q--Q

The counts "5and" are a quick, quick, step-together. Knees are deeply bent during counts, 1,2,3,4,5. On count "and" knees straighten so body rises sharply.

This basic step is done facing partner in the position described above, as a sort of pivot turn around the ring. Both must dance counts 1,2,3,4,5 with very bent knees. In fact the girl straddles the Man's Right knee. Man starts this basic step with RIGHT foot, Lady starts with LEFT foot. Take a half turn for each walking step, and on counts 4-and, finish so that man is facing line of direction.

The basic pivot step is done 6 times, for the 7th one, take one step, then jump on both feet.

Repeat dance from beginning.

Dance researched by Ada Dziewanowska, Polish dance authority who presented it at the Maine Folk Dance Camp 1970. Please do not reproduce without her permission.