

TROJAK
(Poland)

This is a dance for three from the coal mining district of Śląsk (Silesia) in Southwestern Poland. The story goes that this dance was created as they were fewer men than women, due to accidents in the mines. It is very popular all over Poland and new figures are constantly being added. The melody has two parts: "A" (slow 3/4 meter) and "B" (fast 2/4 meter).

Dance arranged and taught by Ada Dziewanowska

Pronunciation: TROH-yahk

Record: ZM-40591 "Tańce ludowe z Polski" (Folk Dances from Poland), side B, band 5; also DR-8310, side 1, band 2.
3/4 and 2/4 meter

Starting Pos: M stands between two W, holding their inside hands: W hold their skirts with their outside hands. Trios may stand one behind the other in one or two columns, or in a checkerboard pattern about the floor, or in a circle facing the ctr or LOD.

Meas

Pattern

1-4 INTRODUCTION. (Four meas) M invites W to dance.

FIGURE I (Melody A)

- 1 All step R ft on bent knee diag to R and swing L leg across in front, rising onto ball of R ft and coming down again.
- 2 Repeat action of meas 1 with opp ftwk and direction.
- 3-14 Repeat action of meas 1-2 six more times, except that on meas 4, 8, and 12 the M does three stamps (L,R,L) instead of the step-swing.
- 15 M and R W bow to each other.
- 16 M and L W bow to each other.

FIGURE II (Melody B)

- 1-3 M claps hands, hooks L elbows with R W and with six steps beginning L ft does two full turns with her; meanwhile, the L W twirls by herself CW, clapping her hands.
- 4 All do three stamps in place in orig pos. (NOTE: Throughout the dance, these three stamps should serve to place the dancers momentarily in "order," i.e., in orig pos.)
- 5-8 Repeat action of meas 1-4, Fig. II, with opp ftwk and direction, M dancing with L W, R elbows linked, etc.
- 9-16 Repeat action of meas 1-8, Fig. II.

TROJAK (continued)FIGURE III (Melody A)

M again holding W's inside hands as in Fig. I.

- 1 All step-swing to R.
- 2 All step-swing to L.
- 3 Step-hold fwd with R ft.
- 4 Step-hold fwd with L ft.
- 5-7 With three waltz-like steps, trio makes a full turn CCW.
- 8 Three stamps in place (L,R,L).
- 9-10 Repeat action of meas 1-2, Fig. III.
- 11-12 Repeat action of meas 3-4, Fig. III, but moving bkwd.
- 13-15 Repeat action of meas 5-7, Fig. III, but turning CW
- 16 Three stamps in place (L,R,L).

FIGURE IV (Melody B)

- 1-2 M twirls both W into "cuddle-up" pos (W take three steps and a hold).
- 3-4 W, with two steps and three stamps, twirl out to orig pos.
- 5-16 Repeat action of meas 1-4, Fig. IV, three more times (four in all).

FIGURE V (Melody A)

- 1 Step-swing to R.
- 2 Step-swing to L.
- 3-4 Two step-closes sdwd to R (no transfer of wt on 2nd close).
- 5-8 Repeat action of meas 1-4, Fig. V, with opp ftwk and direction.
- 9-16 Repeat action of meas 1-8, Fig. V.

FIGURE VI (Melody B)

M stands perfectly stiff, his arms folded across his chest, while the W each using both hands, hold on to his arms (R W R arm, L W L arm); W plant ft in a "fencing" stance apart during this Fig.

- 1 R W pulls M twd her.
- 2 L W pulls M twd her.
- 3-16 Repeat action of meas 1-2, Fig. VI, seven and a half times, then all stamp three times to end.

FIGURE VII (Melody A)

M again holding W's inside hands as in Fig. I.

- 1 Step-swing to R.
- 2 Step-swing to L.
- 3-4 Six-step Grapevine R: side step R, cross L ft in front, step R ft R, cross L ft in back, step R ft R, close L ft beside R ft without taking wt.
- 5-8 Repeat action of meas 1-4, Fig. VII, with opp ftwk and direction.
- 9-16 Repeat action of meas 1-8, Fig. VII.

continued...

TROJAK (Continued)FIGURE VIII (Melody B)

This is an "under-the-arches" figure, in which the W move around M, alternating passing under the "arch" formed by his raised arm and that of the other W.

- 1-4 W move fwd across in front of M, R W passing under the arch in front, L W passing under in back. All finish neatly with three stamps in "starting pos."
 5-16 Repeat action of meas 1-4, Fig. VIII, three more times (four in all).

FIGURE IX (Melody A)

- 1-12 Repeat action of meas 1-12, Fig. I.
 13-14 Each dancer makes two individual turns CW.
 15-16 Repeat action of meas 15-16, Fig. I.

TROJAK (Song)Polish:

Zasiali górale owies, owies,
 Od końca do końca, tak jest, tak jest,
 Zasiali górale żyto, żyto,
 Od końca do końca, wszystko, wszystko.

English Translation:

The mountaineers have sown oats,
 From one end to the other, oh yes,
 The mountaineers have sown the rye,
 From one end to the other, all of it.

Phonetic:

Zah-shah-lee goo-rah-leh oh-vyess, oh-vyess,
 Ot kony-tsah do kony-tsah, tahk yest, tahk yest,
 Zah-shah-lee goo-rah-leh zhyy-toh, zhyy-toh,
 Ot kony-tsah do kony-tsah, vshyy-stko, vshyy-stko.

Notes prepared with assistance of Dick Crum. Do not reproduce without permission.

Presented by Ada Dziewanowska

- 33 TROJAK
 Record: Melody A is in 3/4 meter; melody B in 2/4 meter.
 Fig I, meas 1: Step (ct 1); swing (ct 2); rise (ct 3).
 meas 3-14: Stamping done on cts 1, & 2. Hold ct 3.
 meas 15-16: Bow is mainly a nod of the head.
 Fig II, meas 1-3: L W claps 6 even claps.
 meas 5-8: Add R W twirls CCW.
 34 Fig III, meas 3: Should read Step fwd on R ft (ct 1); close L to R, no wt (ct 2); hold (ct 3). Meas 4 has same action but done with opp ftwk.
 Meas 5-7: Add M looks at R W (who is moving fwd).
 Meas 13-15: Add M looks at L W (who is moving fwd).
 Fig VI, meas 3-16: Delete seven. Insert six.
 35 Fig IX, meas 13-14: Delete two individual turns CW. Insert a small CW circle on 6 steps, hands on hips.

TROJAK (CHILDREN'S VERSION)
(Poland)

Trojak always was and still is well liked by children in Poland. There are many variations of steps, suitable for them.

Starting Pos: As in the Adults' version; trios may be composed of girls only.

MeasPattern1-4 INTRODUCTION.

- FIGURE I. (Melody A) Should be done with singing.
- 1 All step R ft on bent knee diag to R and swing L leg across in front, rising onto ball of R ft and coming down again.
- 2 Repeat action of meas 1 with opp ftwk and direction.
- 3-8 Repeat action of meas 1-2 three more times.
- 9-10 With two step-holds starting with R ft trio moves fwd.
- 11 The middle and the R persons bow to each other.
- 12 The middle and the L persons bow to each other.
- 13-14 Repeat action of meas 9-10 moving bkwd.
- 15-16 Repeat action of meas 11-12.

- FIGURE II. (Melody B)
- 1-16 Same as Fig. II in the Adults' version.

- FIGURE III. (Melody A)
- 1-16 Repeat action of meas 1-16, Fig. I.



- FIGURE IV. (Melody B)
- 1-3 All clasp their own hands behind their backs. With six running steps starting with R ft, the middle person of the trio moves fwd, and the side persons move bkwd.
- 4 All do three stamps in place (R,L,R).
- 5-8 Repeat action of meas 1-4, Fig. IV, with opp ftwk and direction.

- FIGURE V. (Melody A)
- 1-16 Repeat action of meas 1-16, Fig. I.

- FIGURE VI. (Melody B)
- Simpler version of the "under-the-arches" (or bramki) Fig.
- 1-3 With six running steps, starting with R ft, the R person moves CCW under the arch formed by the L hand of the middle person joined with the R hand of the L person. With six steps done in place, the middle person moves also CCW under the same arch.
- 4 All do three stamps in place (R,L,R).

TROJAK (CHILDREN'S VERSION)(continued)

- 5-7 Action of meas 1-3, Fig. VI, is repeated by the L and middle persons with opp ftwk and direction.
 8 All do three stamps in place (L,R,L).
 9-16 Repeat action of meas 1-8, Fig. VI.

FIGURE VII. (Melody A)

- 1-16 Repeat action of meas 1-16, Fig. I.

FIGURE VIII. (Melody B)

- 1-7 Trios form own circles by joining hands. With 14 running steps starting with R ft, circles move CCW.
 8 All do three stamps in place (R,L,R).
 9-16 Repeat action of meas 1-8, Fig. VIII with opp ftwk and direction, finishing in the Starting Pos. NOTE: If the dance is done in a ring, the circles of trios may move in LOD while turning CCW, and in RLOD while turning CW. Children may alternatively leave the dancing area using Fig. VIII, in which case the record is stopped at the end of Melody B.

FIGURE IX. (Melody A)

- 1-16 Repeat action of meas 1-16, Fig. I.

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