

WALC WESELNY

WALC WESELNY - POLISH WEDDING WALTZ

TIME: 3/4 and 2/4

TEMPO: Moderato and Presto

MUSIC: XL 0142, side One, (Do Slubu Marysiu- Time To Be Married), band 2.

INTRODUCTION: Four measures of 3/4.

STARTING POSITION: Two circles facing the ctr with joined hands, women's circle inside the circle of men's).

PART A. MEASURES 1-12

- 1-2 3/4 M circle two waltz steps progressing LOD, start with R ft.
W " " " " " " RLOD, start with L ft.
- 3 2/4 M take Step-Touch to the R (LOD),
W " " " " " " L (RLOD). Do this Step-Touch with knees slightly bent,
- 4 2/4 Reverse measure 3.
- 5 3/4 Straighten your body.
- 6 3/4 Bow to the center.
- 7-10 Repeat from 1-4 but with opposite feet and direction.
- 11 3/4 Place both hands on hips (M and W).
With Step-Touch M turn a quarter to right on the spot to face LOD.
" " " W " " " " left " " " " " RLOD.
- 12 3/4 M take Step-Touch to L and W take Step-Touch to R. They meet face to face in one circle. M facing LOD and W facing ptr., each cple take social dance position (Joined hands extended straight, pointing to ctr.)

PART B. MEASURES 13-28 3/4

- 13-14 In social dance position progressing LOD with two WALTZ STEPS make one CW turn (M start with R ft, W with L ft.)
- 15 Progressing in LOD (still in social dance position), take one WALTZ STEP - M forward, W bkwd. DO NOT TURN. (M start with R ft, W with L ft.)
- 16 Ct. 1: Moving RLOD, M steps bkwd one STEP with his L ft, W steps fwd one STEP with her R ft.
Ct. 2: Hold
Ct. 3: HOP in place (M on L ft, W on R ft.)
- 17-28 Repeat 13-16, three more times.

POLISH WEDDING WALTZ-2 continued

PART C. MEASURES 29-36 3/4

29 Release R hand of the M and L hand of the W and with Step-Close M turn a quarter to R and W turn a quarter to L, both face away from ctr. All join hands in one circle.

Ct.	1-	2	3
	SIDE-STEP	(Nothing)	CLOSE
Man	R	-	L
Woman	L	-	R

30 M to R and W to L. M step on R ft and swing L ft across in front of R ft. W the same with opposite footwork.

31 Repeat 29 taking a 1/2 turn to face the ctr., but with opposite footwork.

32 Repeat 30-facing the ctr with opposite footwork.

33-34 Repeat 31-32 with opposite footwork and direction.

35 Repeat 31

36 Take two stamps on the spot (facing the ctr).

Ct.	1	2	3
	STAMP	STAMP	-
Man	R	L	-
Woman	L	R	-

BRIDGE: 4 MEASURES 3/4

During these 4 measures, with 4 WALTZ STEPS, return to the original position as in measure 1 - Part A. (two circles facing the center).
BE POLITE, BEFORE YOU LEAVE YOUR PARTNER, BOW!

Repeat the dance from the beginning (Parts A,B,C).

NOTICE: The beauty of the dance is in the music. Please pay close attention to the musical phrase and do what the music dictates. When the music slows down, please slow down your movements with it. When the music is lyrical express lyricism, and when the music is gay, show gaiety.

As taught by
-Jan Sedja