
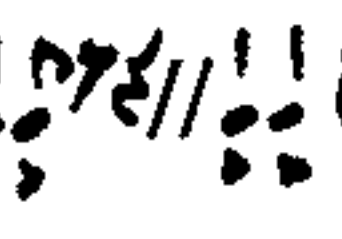


BIAŁY MAZUR

Polish national dance known throughout the country since Warsaw became the capitol of Poland in 1596. Its origin comes from the villages of central Poland, from the Mazowsze region. From the peasants the dance had been taken over by the gentry (szlachta), reflecting their style of life. Towards the end of the 18th century Mazur was adopted for the repertoire of the manor houses, ballrooms, and for dancing on the stage. In the 19th century it was danced in Paris, Vienna, Florence...

Mazur expresses all the verve and spirit embodied in its musical rhythms. The changing accents within each measure give the dance its lively and fiery character. The basic step, Bieg Mazurowy - *Mazur Run* is danced by couples with a brisk and steady motion, while retaining perfect carriage and poise. Man moves slightly in front of his partner, as if to lead her into the dance.

The character of Mazur danced by man is as if to be a nonchalant, but simultaneously very elegant and exquisite. Dancers progress through any number of distinctive patterns. Karol Mastenhauser in his work "Mazur and its principles", published in Warsaw in 1894, describes 150 figures of that dance. Music of Mazur is written in 3/4 time. Very characteristic are dotted notes , in endings accents on count 2, or 1,2 . Steps start with an up-beat (in the description: "ah"). Throughout the entire dance dancers very often express their admiration for partner. This is described here as the *ACKNOWLEDGE*: - Man nods his head while maintaining straight body position, Woman with feet in a closed position bends and straightens knees within one measure

Steps and figures.

1. BIEG MAZUROWY (byeg mah-zoo-RAW-vee) - *MAZUR RUN (M.R.)*

Ct "ah": bent slightly knee of R leg; Ct 1: short forward step with L ft (leap-jump); Ct 2: long forward step with R foot

Ct 3: long forward step with L foot, end on slightly bend knee. Start next measure with opposite footwork.

When couple moves in an open position, Woman to R of partner, they start with an outside foot: M-L / W-R.

2. *HOLUBCE* (hoh-WOOB-tseh) - "Click-steps". This is a plural form suggesting more than one *Holubiec* (hoh-WOO-byets)

A. In side motion: can be done in both directions

Ct "ah": Hops on L foot and click heels together in the air; R leg straight, and foot extended during click.

Ct 1: Land on L foot;

Ct 2: Make side step to the Right with R ft. Foot is turned outside, almost toward direction of movement

Ct 3: Step-cross with Left foot in front of Right.

In order to dance *Holubce* to the Left do opposite footwork

B. In whirl motion with partner:

Side to side position, Right hips together. Right hand on partner's L hip. L arm sideward and diagonally overhead with palm up; torso uplifted with tendency to outside deviation. Look at partner.

Couple makes 1/2 turn per measure.

Ct "ah": Hop on R foot starting CW turn and click heels together in the air.

Ct 1: Land on R foot.

Ct 2: Forward movement with outside (Left) foot, continuing CW turn in place.

Ct 3: Another forward step with R foot, end 1/2 CW turn.

Repeat the same action within next measures (see Pattern).

3. *KLEK* (Clenk) - Kneeling: 4 measures.

KLEK is done by Man only while Woman circles her ptr. with *Mazur Run*. M-R / W-L hands joined.

Meas. 1 Man: Ct "ah" - leap on L ft; ct 1 - kneel on R knee (R knee close-together to L heel, ft extended).

At the same time put your L hand on hip; cts. 2-3: hold.

Woman: beginning with R foot move with *Mazur Run* around kneeling partner in CCW direction.

2 - 3 Woman continues movement around partner with two more *Mazur Run* steps; make one CCW circle (with 9 steps in all). Both look at each other.

4 M: rise, stamp R-L, hold. / W: *Acknowledge*

Formation: Couple 1 is at the LoD end of the 4 couple set as the dancers stand in the circle; partners facing. Man back to center, hands down, Woman holds skirt.

Meas. Pattern

INTRO - 4 measures

1 - 4 Join M-R / W-L hand; in meas. 3 take side step in LoD, meas. 4 - step-close with M-R / W-L - *Acknowledge*.

PART I - 16 measures

Melody A

1 To start, M stand with weight on R, W on L. Ct. 1 do one *Holubiec* (see: Step # 1) in LoD ; Cts 2,3 - while turning into LoD do two accented steps fwd. (M-L,R, W-R,L).

2 *Mazur Run* in LoD with turning to almost back-to-back position (joined hands move forward), M's L arm straight back.

3 - 4 Repeat action of meas 1-2 with opposite footwork and turn; end facing LoD.

5 - 8 2 *Bieg Mazurowy* steps in LoD, then in meas. 7 - 8 under joined hands Man moves sideward in front of W to change places; in the last measure both end with two accented steps in place: M-R,L / W-L,R. Face partner, change hold: M-L, W-R hand joined.

9 - 16 Repeat measures 1-8 with opposite footwork; in measure 15th Woman moves under joined hands to partner's Right.

PART II - 16 measures

Melody B

- 1 - 4 4 *Mazur Run (M.R.)* steps in LoD. End up with L hands joined in front, M embraces W waist from behind with R hand. W holds skirt with R hand.
- 5 - 8 With 2 *M.R.* do CCW couple turn in place, so Man ends back to center. In the next 2 measures continue the motion - M raises his L arm; without releasing hold W makes 1 Left turn in place under joined Left hands, ending in front of partner and facing center.
- 9 - 12 *Klek* (see # 3) - Woman circles partner.
- 13 - 16 3 *Holubce* in a whirl motion (see: # 2 B), in measure 16th end in open position / stamp L, R, hold. Woman to R, all facing center.

PART III - 16 measures.

GENERAL CIRCLE RIGHT, LEFT.

Melody B'

- 1 - 4 Beginning with Right foot all do *Mazur Run* to Right and slightly toward center. Join hands at about waist level and continue *Mazur Run*.
- 5 - 8 3 *Holubce Steps* (see # 2A) to the Right (LoD). In measure do 3 accented steps in place - R,L,R.
- 9 - 16 Repeat action of measures 1-8 to the Left / RLoD (4 *B.M.* + 3 *Holubce*); end with 2 accented steps - L, R.

INTERLUDE - 4 measures - FOUR COUPLES SETS

These sets have to be appointed by numbering couples as # 1 - 4 before the dance starts (see: "Formation"). Through most of the pattern dancers use *Mazur Run*, except where noted.

- 1 - 4 Lead by W # 1 in CCW direction, set of four couples forms a single circle, all facing center. W # 1 joins R hand w M # 4' Left hand. The circles/squares are not necessary oriented to the four walls. End up in 2 trios facing across: M # 1 with W # 1 & 2, M # 3 with W # 3 & 4. M # 2 & 4 without partners between and outside of the lines, facing center.

PART IV - 16 measures. TRIOS

Melody C

- 1 - 4 Trios move toward each other, *Acknowledge* (meas. 1-2), and return (backwards).
- 5 - 8 Trios change sides by moving between without hold (before pass-through all turn slightly R; this way each dancer face another from opposite side). End with individual L turn, rejoin hands within trio. (W # 4 to M's 3 R / W 2 to M's 1 Right.
- Men 2 & 4 - no action

THE BRIDGES - 8 measures.

- 9 - 12 Raise hands within trio: Woman on the Right runs under the "bridge" made by Man and Woman to his Left and pulling Man behind. Woman on the Left stands in place.
- 13 - 16 The same action with Women to the Left.

BIAŁY MAZUR

Page 4 of 4

PART V - 16 measures. THE TRIOS & BRIDGES.

Melody D

1 - 16 Repeat action of Part IV. This time done by new Trios: M 2 with W 3 & 2 / M 4 with W 1 & 4.

Men 1 & 3 - no action

PART VI - 16 measures. WOMEN STAR/ MEN's *HOLUBCE*

Melody D'

1 - 8 Men: With arms spread to sides, palms up do 8 *Holubce* to the Right - 1 full circle in CCW direction.

Women: run to center and make R hand Star. After 2 circles end up in front of partner.

9 - 12 *Klek*, Women circle partners in CCW direction.

13-16 3 *Holubce* in whirl motion CW. End up in an open position, face center.

INTERLUDE - 4 measures

Lead by W 1 all join hands and return on a grand circle, face center.

Repeat Part III - General Circle Right, Left.

Melody A