

BESEDA

1 of 5

National Dance of Czechoslovakia

RECORD: First 2 records in album ARC 1

NOTE: These records omit some of the repeats and in a few places have altered the tempos, so that the dance has to be adjusted to fit the records. The changes are minor and are for the better as it is now a shorter dance. The figures are all authentic. BE SURE TO KEEP FREE HANDS ON HIPS AT ALL TIMES DURING THE DANCE.

FORMATION: Four couples in a square set.

PART 1: INTRODUCTION.....Join hands in a circle and move to center starting on right foot. Step right, close left, step right, close left. Do the same moving backwards but start on left foot. Still holding hands, and with only a slight turn of body and nod of head and a step-point, balance partner, balance corner, then partner, corner.

WALTZ FIGURE.....All waltz one step forward, waltz one step backward. Men swing the lady on the left with the left hand over to the right of them...ladies will make one turn as they thus move into the next position to the right. All join hands again and repeat this figure three more times...the ladies moving each time into a new place. The men remain in place. THE LAST TIME however, ladies just walk forward into home position to face out as all join hands in a circle. balance partner, balance corner, and repeat. Drop left hands and holding right hands only, with elbows bend, turn clockwise in place...step-right, close left, step-right, close left....walk around 6 steps and all face center and drop hands.

FURIANT.....The Furiant is the chorus of the dance. hands on hips, women turn clockwise in front of man moving around the circle as man chases lady with waltz steps. Halfway around they take ballroom position and waltz into original places. Each couple follows the other, keeping circle formation.

FOUR IN LINE, CIRCLE, SHUTTLE FIGURE.....head couples with inside hands joined, walk forward and back slowly 4 steps each way. Then each couple moves to own right, hand in hand to walk in between side couples where they drop hands and separate to stand lady to right of lady, man to left of man.

In two straight lines both lines move quickly forward and back 4 steps each way. Circle up four and run lightly to left and finish so that women's backs are to center of set. At this point cross hands with own partner and do a do-si-do shuttle in this manner: Using a polka step, ladies move backwards, men forward, 4 steps, men passing left shoulders. Then come back to place with 4 polka steps, men going backwards, ladies forward, passing right shoulders for men.

With hands still crossed, place right heel forward, then left heel forward, then 4 quick changes of R,L,R,L, toe up. Hook right elbows and with free hand on hip turn with walking steps into home position.

Side couples now do the same figure with the shuttle forming the other way.

PART 2: Stand still during introduction.

MEN BOW FIGURE.....The two head men step in front of their partner and bow. Take one long step to own right so 1st man faces 4th lady, and 3rd man faces 2nd lady. Bow. The two men turn to face each other in center and bow. Pass each other by left shoulder and join hands in circle of three...1st man going to 2nd couple, 3rd man going to 4th couple. Pause slightly. Move to left with a left, close right, left, close right. Take 4 walking steps to left and finish with lady's back to center of set.

The lady pops under the men's hands and immediately turns by herself to face the set, as at the same time the men's joined hands are swung forward as they do one waltz step in place. The men take another waltz step in place and swing joined inside hands backwards. One more step and swing hands forward and at the same time move to own partner and take a right hand hold. Step right, close left, step right, close left, and finish the clockwise turn with walking steps into home position.

In original beseda the side men also do this figure, since the record does not repeat music, the side men do not get to do this figure.

FURIANT.....do the Furiant as described on previous page.

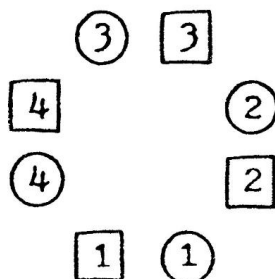
SINGLE SHUTTLE, CIRCLE, GRAND RIGHT AND LEFT, HEEL, TOE POLKA.....Head couples give two hands to partner. Lady moves backward, man forward three steps and pause. Reverse direction with same steps. Both move sideways to center 3 steps and pause with 3 stamps. Move sideways to home place, move in to center again. Now drop outside hands and return to home position with a turn to lady's left, man's right.

All join hands in a circle and with 4 slow two-steps starting on left foot move to left, then 4 two-steps to right. Face partner and do a Grand Right and Left using a fast walk-run step. (NOT A POLKA) Meet partner halfway around and turn into a Varsovienn position. Do a heel and toe polka starting on right foot into home position (4 of them). Side couples now do exactly the same thing.

PART 3:

CRADLE.....After the introduction, during which the side couples face partner and join right hands, head couples take crossed hands position, and with lady moving backwards, dance around each other 4 waltz steps so that the set will finish in position of Diagram 1 below. Note that the lady has to half turn to get into proper position. All join hands (two men in middle join left hands) and waltz balance right, left, right, left. Side couples now waltz in place, as the heads waltz around each other in ballroom position (1½) with 8 steps to home position. Side couples repeat the figure in position as in diagram 2.

Starting position for
"Cradle" figure.



Position of couples
when head couples do
the "cradle."

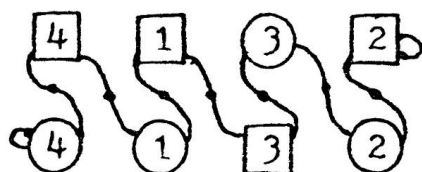


Diagram 1.

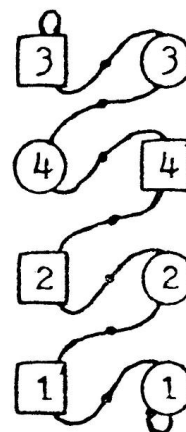


Diagram 2.

Position of couples when
side couples do the "cradle"

FURIANT.....Do the Furiant chorus as described previously.

LADIES IN AND BACK: MEN VISIT: HEEL CLICKS AND POLKA....
Ladies with hands on hips take 4 steps in and back. All the men move to their right with a quick nod to each lady they pass and stop to face opposite lady. All with hands on hips, step to right on right foot, point left toe. Step left, point right toe. Repeat the step-points again to right and left. Take a right hand hold and turn quickly in place clockwise with a walking step. Finish in ballroom position with hands pointing to center of set.

Click heels twice moving to center of set. Click heels twice moving away from center. Turn with 4 polka steps into next couple's position. Repeat the heel-clicking and polka steps again.

All the ladies go in and back again. The men visit around the inside of the set again. Face own partner, do the step-points and the right hand turn again. Do the heel-clicks and polka steps as before two more times and you will finish in home position. Note that the music increases with speed for each repeat in this figure.

PART 4: STAR: CIRCLE: FIRST LADY'S FIGURE: FINALE.....After the introduction, men make a left hand star and hold partner with right hand. All waltz forward and back twice in this formation. The men waltz in place as the ladies waltz-spin forward to next man (use 12 pivot or 4 waltz steps) and since there is ample time move slightly away from set and back to set during this part. Do this all three times more until all the ladies are back in home place. (GIRLS HAVE TENDENCY TO HOLD SKIRTS HERE...IT WILL SPOIL FIGURE SO AVOID IT.)

FURIANT.....Do Furiant chorus as described previously.

FIRST LADY.....will hook right elbow with own partner and run quickly around in place 8 counts. Run across to opposite man and turn him with left elbow. Run into center as the 4 men make a circle around her and run to the left 8 steps and to right 8 steps. First lady now circles with #2 couple to the left and pops under to #4 couple to circle 3 with them and then pops under to her own position.(On the record this is done exceedingly fast so dancers will have to step lively.) Also in the original Beseda, each lady had a chance to do this figure, but there is music only for the first lady in this record.

CIRCLE.....to left and right with 8 slow walking steps. In a side-by-side position, inside hands joined take 4 slow open position waltz steps forward. Do 4 more in closed ballroom position. In open position take 4 quick open waltz steps forward and stop cold on the 4th. Then turn very, very slowly in closed waltz position and finish with a slow twirl of lady under joined right hands.

Face partner, wait during interlude of music, then stamp 3 times. Wait, and clap 3 times. Shake right finger, shake left finger and strike right hands with partner as you turn once around to your own left. All finish dance by facing center of set and bowing.

NOTE: The tempo changes in last part are tricky... accustom yourself to the music.

Presented by Jane Farwell