

BŁOGOSŁAWIONY  
(Poland)

BŁOGOSŁAWIONY is a two part dance from the Silesian (Slask) region in southern Poland. The name of the dance is derived from the verb "błogosławić" - to bless somebody. The dance is done by trios: a man and two women. The first part of the dance, slow, is a steady one. The second part, done to the same melody is lively and has several variations.

Pronunciation: BWOH-goh-swah-vyoh-nih

Record: Dances of Poland Side A/2 2/4 meter

Formation: Trios anywhere on the floor. M in ctr between 2 W. All facing front. Both hands on own hips, fingers fwd, thumbs back.

Meas

Pattern

3 meas Introduction No action.

- I. Part I "The Blessing" ( 2 x 9 meas)
- 1 M: Clap hands in front (ct 1); put L hand on the hip again, shift wt onto L ft, turn slightly twd R side ptr and raise R arm diag above her head, palm down, fingers extended (ct &); move R hand fingers slightly down (ct 2); move fingers up (effect of waving which is supposed to be "the blessing")(ct &). Look at R side ptr.  
R side W: With 4 steps make 2 half CW turns, one turn in all; make 1/2 CW turn on R ft (ct 1); L ft together (ct &); 1/2 CW turn with R ft (ct 2); L ft together (ct &).  
L side W: Two step-togethers to the L (away from ptr): L ft sdwd (ct 1); step-together with R ft (ct &); L ft sdwd (ct 2); step-together with R ft (ct &).
- 2 Repeat meas 1, except M doesn't clap hands - he continues to "bless" R side W.
- 3-4 M and R side W: same action as in meas 1-2. Within 4 meas R side W makes 4 CW turns in all.  
L side W: 4 step-togethers twd M, beg R ft.
- 5-6 M: Clap hands as in meas 1, shift wt onto R ft, turn slightly twd L side W, put R hand on hip, raise L arm and start "blessing" L side W.  
L side W: Make same turns as R side W in meas 1-4, but beg to the L (CCW).  
R side W: Beg with R ft do step-togethers away from ptr.
- 7-8 M and L side W continue the same action as in meas 5-6 (in meas 5-8 L side W makes 4 CCW turns in all).  
R side W does step-togethers twd M, beg with L ft.
- 9 M and both W, while all facing front, bow; M hands on hips.
- 10-18 Repeat meas 1-9.

BŁOGOSŁAWIONY (Cont'd)

- II. PART II - same melody, faster (2 x 9 meas)
- 1 M: Clap hands and at same time step with L ft twd R side W (ct 1); hook R arm with R side W, extend L arm sdwd diag up, palm up, do another step with R ft in CW direction (ct 2).  
R side W: Make approximately  $3/8$  CCW turn in place with L ft (you are almost back to the front now) (ct 1); hook R arm with M and do another step with R ft in CW direction (ct 2).  
L side W: Make  $3/8$  CW turn in place with R ft (ct 1); with L ft start walking around dancing cpl in CCW direction (behind the cpl) (ct 2).
- 2-4 All make another 6 steps (2 steps per meas).  
 Cpl makes 1 and  $1/2$  CW turn with 8 steps in all.  
L side W: With another 6 steps continue to walk in CCW direction until you end up on the other side of the cpl. You made  $1/2$  CCW circle with 8 steps. End facing front.
- 5-9 M: Clap hands again, hook L arm with L side W (who is now on the R side facing front), and with 10 steps make 1 and  $1/2$  CCW cpl turn in place.  
R side W: (who is now on the L side, back to the front) walk with 10 steps in CW direction (in front of cpl). After making  $1/2$  circle you are now back to the front.
- 10-18 Repeat meas 1-9.
- III. Repeat Part I - The Blessing - as the first time
- IV. Part II - "The Bridges" (2 x 9 meas)
- 1-4 Trio joins hands, M in ctr, all facing front. W hold skirts with outside hands.  
M and L side W: Raise joined hands (make "the bridge").  
R side W: With 8 steps make one full circle in CCW direction going under "the bridge" and pulling M behind. After 4th step R side W and M are back to the front, after 8th step, both face the front. L side W stays in place.
- 5-9 M with R side W: Make the "bridge". W stays in place.  
L side W: With 10 steps makes one full circle in CW direction going under "the bridge" and pulling M behind.
- 10-18 Repeat meas 1-9.
- V. Repeat Part I - The Blessing - as the first time.
- VI. Part II - "The Circles" (2 x 9 meas)
- 1-4 All join hands in circle of three, facing in. (M steps bkwd on 1st step; R side W makes  $3/8$  CCW turn, L side W makes  $3/8$  CW turn). With 8 step-hops, beg L ft, trio moves to L making one full circle in CW direction.

BŁOGOSŁAWIONY (contd)

5-9            With 10 steps trio makes one full circle moving in  
             opp (CCW) direction.  
10-18        Repeat meas 1-9.

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