

# 1979 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Frantisek Bonus

## ČESKÝ POLONEZ Czechoslovakia

A Polonez dance from Northeast Bohemia

RECORD: Kogler 56430-b (LP)

FORMATION: Cpls in a double circle, facing LOD with W on R of M.  
Inside hands joined and held fwd at shldr ht, elbows slightly bent.

STEPS: Polonez Step - Basic Step: Ct 4 of previous meas, bend supporting outside leg and extend inside leg fwd. Meas 1 - move fwd on inside, outside, inside ft (cts 1-3), bend supporting inside leg and extend outside leg fwd (ct 4). Repeat with opp ftwk.

METER: 4/4

PATTERN

Meas.

### INTRODUCTION:

- FIG. I: (Start with outside ft)
- A 1-3 Do 3 Basic Steps fwd in LOD.
  - 4 Turn and face ptr with 3 steps in place (M-RLR, W-LRL)
  - 5-8 Repeat meas 1-4, except on ct 8 turn to face ptr and place hands on hip.
  - 9-12 Hook R elbows and turn with 3 Basic Steps, then do 3 steps in place and end facing LOD.
  - 13-14 Repeat meas 5-8.
  - 15-16 Ptrs facing both bal to L - away from ptr, and both bal together - R.twd ptr.

### FIG. II: (W use opp ftwk)

- A 1 Cpls face. Step L to L (ct 1), close R to L (ct &), step L to L (ct 2), hop on L and lift R (ct &), step R-L in place (cts 3,&), hold (ct 4).
- 2 Reverse meas 1.
- 3-6 Repeat meas 1-2, twice more (3 in all).
- 7-8 M circles L (6 steps) and W circles R (6 steps) to place. - M start L, W R.
- B 9-10 Always turning sideways to face ptr, open balance step to R then L.
- 11-12 Change places passing R shldrs with 5 steps + close - both start R.
- 13-14 Repeat meas 1-2
- 15-16 Change places, both start L and L shldrs.

### FIG. III:

- A 1-11 Repeat Fig. I-A, meas 1-11.
- 12 All move and join hands in a circle - W on M R.
- 13-15 Moving to L, do 3 Basic Steps, starting L (both)

*Continued...*

ČESKÝ POLONEZ, Cont'd., page 2

- 16 In place, step R-L.
- 17 Close ft and lift arms
- 18 Hold.
- 19 Reverance
- 20 Return to standing pos.