

FAFUR  
(Poland)

Fafur is a couple dance from the Kurpie Zielone region. The name of the dance means a ribbon tied up as the bow embroidering girls' bonnets. Light in its character (as a ribbon spread by the wind), it contains two parts: Melody A - 8 measures, and Melody B - 2 x 8 measures.

Pronunciation: FAH-foor

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

Formation: Cpls around the circle, ptrs facing, approximately 2' apart. W back to LOD.

Steps: Fafur is based on step-hops done either fwd, bkwd, or with a R or L turn.  
Basic Step (2 to a meas): Step with R (L) ft (ct 1); hop on R (L) and simultaneously kick the other ft energetically back, knees together (ct &); repeat the same step-hop with opp ftwk (cts 2,&).

Meas

Pattern

1-2 Introduction.  
 Connect hands with ptr in front of you about waist level, R with L, L with R.

A  
 1-3 Part I  
 With Basic Step, M beg with R ft fwd, W L ft bkwd, in LOD. Make 6 step-hops in all.  
 4 Ptrs change places by making 1/2 CW circle in place with 3 accented steps (M: R,L,R; W: L,R,L). M has back to LOD now, W, facing LOD.  
 5-7 Another 6 step-hops in LOD: M beg L ft bkwd, W R ft fwd.  
 8 Change places as in meas 4, returning to beg pos.



B  
 1-3 Part II  
 Under raised arms with connected hands (M L,W R):  
 W: turn CW in place with Basic Step, beg with L ft, making 2 full turns in all, L hand on own hip.  
 M: beg R ft fwd, move around ptr in CCW direction.  
 With 6 Basic Steps make one full CCW circle. R arm straightened diag sdwd.  
 4 Do 3 accented steps in place (M: R,L,R; W: L,R,L), ptrs facing, W back to LOD.  
 5-7 Repeat meas 1-3 with opp ft, hold, and direction.  
 8 Do 3 accented steps in place with 1/4 turn twd ctr of circle M-CCW, W-CW. W to R of ptr. Without releasing hold with ptr, join other hand with person next to you.

FAFUR (contd)Part III

- 9-11 Beg with R ft, all move twd ctr of circle with 6 small  
Basic Steps.
- 12 Three accented steps in place - R,L,R.
- 13-15 Beg with L ft bkwd, move twd outside of circle.
- 16 Three accented steps in place with 1/4 turn twd ptr:  
M: L,R,L; W: L,R,L (weightless) in CCW. Ptrs facing,  
W back to LOD.

Repeat dance from the beginning two more times.

Presented by Jacek and Bozena Marek