

DULUTH MINNESOTA AUGUST 1977

JACOK (Rzeszow region)
(Yah'-tsuk)

Presented by Morley Leyton

This dance was learned from Hanna Chojnacka in Warsaw and can be found in Tance Krosnienskie by Jozef Szmyd, CPARA, 1961.

Record: Z Okolic Rzeszowa, LTN 1001 B, band 6

Formation: Cpls in a circle, facing ctr. Open pos, W on MR. M R arm around ptr's waist, W L hand on M R shldr.

Basic

Step: Jacok step. Simply a step-tog-step, hold BUT: there is a strong downward-directed knee bend on each count, including the hold count. The step is flat-footed and proud and must be done with liveliness and zest. Hold yourself a little more than erect.

Part I Look at partner.

Meas

- 1 Begin with outside ft, ML WR, free hand hanging by side, dance one basic Jacok step almost directly into ctr, but slightly in LOD. The upper body and head make a slight nod fwd.
- 2 Moving away from ctr and slightly LOD, dance one Jacok step bwd, the body leaning back a little.
- 3 Moving now almost in LOD, dance a Jacok step fwd.
- 4 Dance one Jacok step, making a 3/4 turn CW to face ctr, outside ft pointed.
- 5-7 Same as meas 1-3.
- 8 Both M and W plie with both ft tog (ct 1), W jumps straight up and M lifts her and turns 3/4 to face ctr (ct 2); W lands (ct 3). Hold (4)
- 9-16 Repeat meas 1-8.

Part II M and W separate.

W Part

- 1 Fists on hips, thumbs back, backs of hands horizontal, elbows well fwd, on each ct send a pulse into the stomach and bring the elbows back a little, then return to place. Starting with R, dance one Jacok step fwd in LOD. On cts 1, 2, and 3 incline the head RLR, hold on 4.
- 2 Repeat with opp ftwk
- 3-4 Same as 1-2
- 5-6 Same as 1-2
- 7 Same as 1
- 8 Step on L ft and make 1/2 turn CW (ctl); stamp R heel and strike haughty pose, head high (ct 3).
- 9-16 Same as Meas 1-8, except make a 1/2 turn CW on first ct of first Jacok step to face LOD.

M Part

- 1-7 Facing LOD, do 7 Jacok steps fwd, arms crossed and held high.
- 8 Step on R (ct 1); bring R hand to hip, stamp L heel and pose (ct 3).
- 9-16 Repeat meas 1-8 or, L fist on hip, R arm up, doing Rzeszow hand wave, or other hand if so desired.

Part III

Same as Part I, except in last measure W should end up on outside of circle (make whole turn in lift).

Continued...

Part IV

- 1 Begin face to face, hands on hips. Turn separately and progress along LOD, do one Jacok step, make $\frac{1}{2}$ turn, M CCW, W CW.
- 2 Continue turning, complete turn to face to face.
- 3-6 Repeat meas 1-2 twice
- 7 Repeat meas 1
- 8 Complete turn with one step (ct 1 & 2); stamp and pose (ct 3 & 4)
- 9-16 Repeat meas 1-8

Dance repeats once. Note: parts II & IV are sets of variations not necessarily limited to this sequence. These steps may be done ad lib.