

KRAKOWIAK

POSITION: Couple Dance. Man faces lady with right arm around lady's waist. His left hand in air indicating direction of movement. Lady has left hand on man's right shoulder and holds her skirt with her right hand.

Figure 1 A Starting with man's left foot and lady's right take 16 slides moving counter clockwise. (A slide is a step close)

B Turning in place - moving counter clockwise, couple does a hop-step-down figure eight times. Man goes back and lady forward.

Man hops on right foot - step on left and then steps on right foot.

Lady hops on left foot - steps on right and then steps on left.

NOTE: Man steps back on third step

Lady steps forward on third step

Skirt movement for lady - on hop, hold skirt in place when stepping on right foot, swish skirt forward ... when stepping on left foot, swish skirt back

C Repeat Figure 1 A

Figure 2 All couples face circle - One big circle around room with backs to wall.

A Hold inside hand, outside hand freely in air. Balance away from partner and towards partner

Man L R L Lady R L R

Repeat above A

NOTE: as you balance away, outside hand is out as you balance towards your partner, outside hand goes in, across chest.

B Face partner - holding inside hand of partner is optional

Take two click steps to centre and three steps in place

Take two click steps away from centre and three steps in place

NOTE: Hand in air indicates direction you are moving
Click step-free foot in air also shows direction