

Krakowiak

Music: Victor 25-9077 (preferred), Victor V16453, White Eagle C728.

Folk dance circles look upon this as the Polish national dance; they always are a bit shocked when they first attend a "real" Polish affair and find that the common or garden variety of Pole simply regards it as merely another polka with no particular fancy steps. Krakowiak refers to the Polish city of Krakow; there are a number of "Krakowiak" melodies, and there are a great many fancy steps used by Polish dance exhibition groups. The steps and sequence described here are the ones popular with the general folk dancer in the New York area; I believe it was originally taught by the Polish dance group of Bronislaw Matusz. Most Polish ethnic groups have their own special version reserved for exhibition work.

Formation: Partners facing in a double circle around the room (men's backs to center) in a "half-open-waltz position" (man's right arm around lady's waist, lady's left hand on man's right shoulder; lady's right hand holds skirt extended to the side, man's left hand held up diagonally forward.)

Figure 1. Starting with outside feet, 16 sliding steps (sideways) around the room in the counterclockwise direction . . . 8 bars.

Figure 2. Turn in place (counterclockwise) with partner as follows: hopping (really a "lift" rather than a hop; the foot does not leave the floor) on the right foot; the man brings his left foot up sharply up behind his right knee (left knee bent of course), throwing his left arm and shoulder back to aid the turn. (Count 1-2). Bring the left foot down with the ball of the foot thrusting against the floor to add further to the momentum of the turn. (Count 3). Lady's footwork is counterpart. Repeat, 8 times in all . . . 8 bars.

Figure 3. Repeat figure 1.

Figure 4. (a) Join inside hands (man's right, lady's left) and swing these joined hands forward, take one polka step away from partner, turning back toward partner; the outside shoulder and the head "follow through" on this turn away motion. Polka step starts with outside foot. Take one polka step toward partner, starting with the inside foot, swinging joined hands back and turning to face partner. Repeat all . . . 4 bars.

(Note: I have seen many Polish dancers do a pas de basque at this point instead of this polka step; I rather suspect this to be more "authentic" if I may use this overworked term.

(b) Still facing partner with inside hands swung back, lift outside heel from the floor (5 or 6 inches) and bring inside heel up sharply, clicking heels together in midair; leave the outside foot up as the inside foot comes down; repeat the click. Couples should move towards the center of the circle on this step. Stamp 3 times: L-R-L. Repeat the click step, starting with inside foot and moving away from the center of the circle. Stamp 3 times: R-L-R . . . 4 bars.

Repeat (a) and (b).

Figure 5. (a) Facing partner, join crossed hands; take 6 slide steps towards the center of the circle. Jump up, coming down with a stamp on both feet . . . 4 bars.

(b) 6 slide steps out from center; jump up and come down on both feet . . . 4 bars.

Figure 6. Still facing partner in crossed-hands hold, stretch away from each other and swing the left foot forward and back, "scuffing" the sole of the shoe on the floor in passing. Stamp 3 times: R-L-R. Repeat "scuffing" with right foot and stamp 3 times: L-R-L . . . 4 bars.

Repeat this figure.

Figure 7. Still facing partner in crossed-hands position, lean back away from each other and turn rapidly on the spot, clockwise with a slide step. Jump up and come down with a stamp on both feet. Repeat, counterclockwise . . . 8 bars.

Figure 8. (a1) Partners facing, left hand on hip, right hand held up and out towards the right. Raising the right foot up, take the 2-click step as described in figure 4, moving towards the right. (a2) Stamp 3 times (R-L-R) at the same time making a quarter turn to a back to back position with partner . . . 2 bars.

(b1) With a sweeping motion reverse hand positions (right hand to right hip; left hand to the left and up), at the same time raising the left foot; take the double click step towards the left. (b2) Stamp (L-R-L), making a quarter turn to face partner . . . 2 bars.

Repeat a1-a2-b1-b2; the partners have now described a "box" around each other.

Repeat entire figure.



Dutch Garden Schottische

Music: There's an Old Dutch Garden (By an Old Dutch Mill)

Couples in skating position, facing the line of dance. Both start with right foot, 3 steps diagonally forward to the right; hop on the right foot. Now 3 steps diagonally forward to the left and hop on the left foot. Repeat all. Turning to face each other (man's back towards center of circle) and holding left hands take 3 steps backwards away from each other, starting with the right foot. Hop on the right foot. Take 3 steps forward towards each other, starting LF. Hop on left foot. Change hand holds, right hands joined, forearms together ("pigeon wing") and turn together on the spot with 4 step hops.