

KRZYŻAK
(Poland)

KRZYŻAK is a dance from Nowy Sacz (NOH-vih SONCH) region done by four couples. The music in 2/4 meter, consists of three parts, each 16 measures long.

Pronunciation: KSHIH-zhahk

Record: Dances of Poland Side A/5 2/4 meter

Formation: 4 cpls in a diamond pattern approximately 8' from the ctr. W to R of ptr. Inside hands joined, outside hands down. W holds skirt. Cpl A faces cpl C; cpl B faces cpl D.

<u>Meas</u>	<u>Pattern</u>
4 meas	<u>Introduction</u> Bow to ptr, then to other cpls.
A	<u>Part I The Visit</u> (danced slowly)
1-4	Cpls A and C beg with outside ft, walk 8 steps twd ctr and bow to opp cpl. M stamps on last step and removes hat (if he has one). Cpls B and D - no action.
5-8	Cpls B and D walk 8 steps twd ctr while A and C walk bkwd 8 steps, turning twd ptr on last step to bow.
9-12	Cpls A and C repeat meas 1-4 while cpls B and D move bkwd.
13-16	Cpls B and D repeat meas 5-8 while cpls A and C move bkwd.
B	<u>Part II The Bridges</u> (danced faster)
	All done with skips, two per meas, beg with outside ft.
1-4	Cpls B and D do 4 skips bkwd, and then with 4 more skips turn CCW in place once. Cpls A and C with 8 skips change places: Cpl A raising joined hands to make the "bridge" and move fwd to cpl C's place, while cpl C leans fwd and go under the "bridge" to orig pos of cpl A.
5-8	Cpls B and D change places, B arching, D diving. Cpls A and C turn in place CCW 1 1/2 times.
9-12	Cpls A and C change places, C arching, A diving. Cpls B and D turn in place CCW 1 1/2 times.
13-16	Cpls B and D change places, D arching, B diving. Cpls A and C turn in place 1 1/2 times
	After 16 meas all cpls should be in their orig pos.
C	<u>Part III Szurok</u> (SHOO-rohk) (fastest part of the dance)
	4 cpls in a circle in open social dance pos. M L hand on W R are joined in LOD. All face LOD. W to R of ptr.
1-4	Beg with outside ft (M L, W R) do 8 steps on whole ft moving in LOD to travel halfway around the circle. Keep knees bent in order to keep steps flat. End facing ptr, M back to ctr.

KRZYŻAK (cont'd)

5-8 Four polka steps done very flat, moving in LOD, making 1 CW turn in 2 meas. Polka is danced in closed, facing pos. Joined hands on M L hip. At the end of meas 8, cpls should be in the beginning pos.

9-16 Repeat meas 1-8 one more time.

Repeat the dance from the beginning. At the end of Part III all cpls make a big circle and repeat Part III again (Motif described in meas 1-8 is done 4 times in all).

Presented by Jacek and Bozena Marek