

The Polish Mazur
(Poland)

Considered to be one of the "National" dances of Poland.

Music: Imperial 78 rpm Record 1206 - Imperial 45, 6206.

Formation: Group dance for 4 to 8 couples. (see 6 below).

Pattern of the Dance
Pattern of the Dance

Couples in a circle, M on inside, outside hands on waist, inside hands joined. Steps described for M, women opp.

Mazur Step: light running step - accent on count 1. 3 steps per measure, sometimes ending with 2 stamps.

1: Four Mazur Steps, balancing apart and together, starting on outside foot, moving fwd in LOD. Joined hands swing freely fwd and back. Girl's free hand may hold skirt.

2: Partners facing, swing joined hands upward releasing hold, place other hands on own waist, moving fwd with 4 step, step, clicks - M start with L-W with R: Partners take R arm waist hold with L arm high and do 2 Mazur steps turning C W in place, then change to opposite arm hold and do 2 steps turning CCW, Repeat all of 1 and 2 as described above.

3: All join hands in a circle and do 4 running Mazur steps in LOD--then turn in place with partner in arm waist hold with 2 Mazur steps CW and 2 Mazur steps CCW.

Repeat all of #3 above starting to L, ending with arm-waist turns.

4: Girls step into center forming circle by joining arms in elbow hold - then circle 4 steps to R and 4 steps to L. Men with arms folded move back and outward with 4 steps; then run in and to left joining hands circling girls with 4 steps; repeat 4 steps in outer circle moving to R, hands held shoulder high.

5: Men, with partner on their R, raise joined hands over girls heads forming a basket, circle 8 steps to L and 8 steps to R. Couple #1 breaks hand hold with last couple and with 8 steps the circle opens to form a straight line - facing audience.

On next 4 Mazur steps men "escape" with arms folded to form a line opposite and facing girls - about 6 feet apart. As men escape to form their line, girls turn in place with R arm high.

6: Mazur Reel or Couple Solos:

Couple 1 is at L end of men's line: Couple 2 is at opposite end. Couple 3 is next to couple 1 - Couple 4 is next to couple 2. If there are 8 couples in dance, lines facing become 2 sets of 4 couples. If less than 8, the four end couples as numbered above perform the solos while others dance and clap hands in place.

7: Couple 1 join hands, M's L hand & W's R, facing with leading arms high dance 4 Mazurka down center of set to M's R and end at break between sets or at opposite end if there are less than 8 couples. With arms folded dance away from each other, 2 steps, together, with 2 steps, then turn in place 2 steps CW & 2 steps CCW, taking arm-waist hold as described in 2: above. Couple 1 then returns to original place behind own lines, M behind M, W behind W, 4 steps, arms folded.

Couple 2 join hands, M's R, W's L, and dance up the set with 4 Mazur steps, balancing away and together, swinging joined hands freely forward and back, other arms held high; then end figure and arm-waist turns, 2 steps CW & 2 steps CCW. These turns should be done at open end of the set. At end of their turns, couple 2 breaks away and return to own place going behind own lines, as described for couple 1.

Couple 3 dances down the set with 4 step-step-click steps leading hand on own waist, other arms held high; at end of set dance 2 steps CW and 2 CCW with arm-waist hold turning in place. Return to place behind own lines as described above.

Couple 4, join inside hands and dance up the set, outside hands on own waist, with 4 Mazur steps as follows: balance away and together with 2 steps, then W does 2 CW turns under joined hands moving to end of set. Then do arm-waist turns as above and return to place dancing behind own lines...While solos are being done, others clap hands in place 1-2-3- 1-2-3.

8: On interlude - 4 measures - all couples join inside hands facing top of the set and forming arches move forward in line, while Head man turning under his own joined hands, M's R and W's L leads down under the arches, moving to his left. As head man leads down the inside of the set of arches, next man takes hand of #1 partner and follows her into the tunnel, she takes the free hand of next man in line - W's R hand in M's L. As line of dancers, led by #1, emerges from tunnel, they form a CW moving circle with all hands joined to end of music phrase. All of figure 8 above is done in 16 measures.

9: Couples take Russian (Varsouvienne) position and starting to R, moving forward in LOD, perform 12 Pas do Basque steps.

10: Girls to center, form a R hand star in 4 steps, then a left hand star in 4 steps, then return to partner and do arm-waist turns CW and CCW as described in figure 2.

As girls do R star, M move out of circle, 4 steps, arms folded, then toward center, 4 steps, arms extended, then turn with own partner in arm-waist holds CW and CCW.

11: Men to center, form R hand star in 4 steps, turn star with 4 steps, then form L hand star with a big shout and turn it with 4 steps; return to partner and turn 4 steps CW, arm-waist hold. Note--As men do their stars, girls move out of circle, start with hands on waist, then swing arms out and in, moving out 4 steps, do 4 steps in place, then in on 4 steps to partner.

12: As in figure 1--- 2 steps forward, balance away and together inside hands joined, then on two steps girl turns once CW under joined hands. Partners take both hands straight, shoulder high and moving LOD, girl backward, do 4 Mazur steps. M drops his L hand-hold with girl and with her L hand in his R leads girl CCW around him, 2 steps; on last 2 measures of music M turns partner to her L, CCW; as he drops to his left knee the man, holding out his R arm, supports girl as she sits on his R knee, hold pose briefly, facing out of circle, outside arms held high...

Dance notes by Francis Kies, Portland, Oregon.

As learned from Grace San Filippo of San Francisco.