

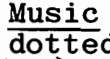
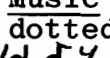

MAZUR  
(Poland)

Polish national dance known throughout the country since Warsaw became the capitol of Poland in 1596. Its origin comes from the villages of central Poland, from the Mazowsze region. From the peasants the dance had been taken over by the gentry (szlachta) reflecting their style of life. Towards the end of the 18th century Mazur was adopted for the repertoire of the manor houses, ballrooms, and for dancing on the stage. In the 19th century it was danced in Paris, Vienna, Florence...

Mazur expresses all the verve and spirit embodied in its musical rhythms. The changing accents within each measure give the dance its lively and fiery character. The basic step of Mazur, "pas marche", is danced by couples with a brisk and steady motion, while retaining perfect carriage and poise. The man moves slightly in front of his partner, as if to lead her into the dance. The character of Mazur danced by man is as if to be a nonchalant but simultaneously very elegant and exquisite. Dancers progress through any number of distinctive patterns. Karol Mastenhauser in his work "Mazur and its principles", published in Warsaw in 1894, describes 150 figures of that dance.

Pronunciation: MAH-zoor

Record: Folk Dances of Poland Side A/1 3/4 meter

Music of Mazur is written in 3/4 time. Very characteristic are dotted notes:  in endings accents on ct 2, or 1,2: ; . Steps start with an up-beat."/>

Steps and figures

1. BIEG MAZUROWY (byeg mah-soo-RAW-vee) - "Pas marche"  
Step described below is done by M in meas 1. W beg with opp ft.  
Bend slightly knee of R leg (ct ah)  
Short fwd step with L ft (leap-jump) (ct 1).  
Long fwd step with R ft (ct 2).  
Long fwd step with L ft, end on slightly bent knee (ct 3).  
Start next meas with opp ftwk.
2. POSUWISTY (poh-soo-VIS-tee) - "Pas chasses"  
meas 1 for M: W beg with opp ft)  
Low hop on R ft (ct ah)  
Land on R ft (ct 1).  
Slide fwd onto L ft, R leg behind straight, ft turned out (ct 2).  
Low hop on L ft, R leg still straight behind (ct 3).  
Start next meas with opp ftwk.
3. BZYSKAWICA (bwis-kah-VEE-tsah - "Lightning".  
This figure is done within two meas and is usually preceded by BIEG MAZUROWY.  
Meas  
1-2 W to R of M, both facing LOD, join inside hands. Beg with outside ft (M L, W R) do 2 BIEG MAZUROWY steps in LOD.  
3-4 BZYSKAWICA - without releasing hold, ptrs change places with BIEG MAZUROWY steps. With the first step M is facing outside of circle, raises his L arm as if trying to catch his

MAZUR (cont'd)

ptr; W "runs away" under his L arm twd ctr of circle, leaning fwd.

In meas 4, without releasing hold, both turn in place (M-3/4 CCW; W-1/4 CW); both facing RLOD now, W on inside of circle.

5-8 Repeat meas 1-4 in opp direction on the circle - RLOD. End in facing pos, M back to ctr.

## 4. HOZUBCE (hoh-WOOb-tseh) - "Click-steps"

A. In side motion:

M hops on R ft, W L, and clicks heels together in the air. Legs straight, L ft (W R) extended during click (ct ah).

Land on R ft ( W L) (ct 1).

Make side step to L with L ft (W to R with R ft). Ft is turned outside, almost twd direction of movement (ct 2).

Accented step-together: M-R,L; W-L,R (ct 3).

B. In whirl motion with ptr:

Side to side pos, R hips together. R hand on ptr L hip. L arm sdwd and diag overhead with palm up; torso uplifted with tendency to outside deviation. Look at ptr. Cpl makes 1/2 turn per meas.

Hop on R ft, beg CW turn and click heels together in air (ct ah).

Land on R ft (ct 1).

Fwd movement with outside (L) ft, continuing CW turn in place (ct 2).

Another fwd step with R ft, end 1/2 CW turn (ct 3).

Repeat the same action within next meas (see Pattern).



## 5. KLEK (clenk) - "Kneeling".

Klek is done by M only, while W circles her ptr with BIEG MAZUROWY.

Meas

1 M: Leap onto L ft (ct ah)

Kneel on R knee (R knee close to L heel, ft extended); at the same time put L hand on hip (ct 1); hold (cts 2-3).

W: Beg R ft, move with BIEG MAZUROWY around kneeling ptr in CCW direction.

2-3 M: No action. Look at ptr.

W: Continue movement around ptr with 2 more BIEG MAZUROWY steps; make one CCW circle (with 9 steps in all). Both look at each other.

4 M: Get up with 2 accented steps: R,L (weightless)

W: Bow to ptr.

Formation: Cpls in a circle, ptrs facing. M back to ctr, hands down, W holds skirt.

MeasPattern

Introduction - 4 meas

1-2

No action.

3

Step in LOD: M L, W R.

4

Step-together: M R, W L; bow to ptr.

MAZUR (cont'd)

- A Part I - Bieg Mazurowy and Posuwisty  
 1-2 See Bieg Mazurowy - #1.  
 Beg with outside ft (M L, W R) turn (with the first step) to face LOD. Inside hands joined in front. M L arm extended to side, W hold skirt. Do 2 Bieg Mazurowy steps.
- 3-4 See Posuwisty - #2.  
 Beg with outside ft both do 2 Posuwisty steps with the same hold.
- 5-8 Repeat meas 1-4.
- A' Part II - Woman IN, OUT  
 1-2 Bieg Mazurowy in LOD.  
 3-4 While M continues "Mazur-style" step in place, W with 6 steps moves in front of ptr twd ctr of circle, ending after 5th step back to LOD, then, with the 6th step makes 1/2 CW turn in place (release hold). Both facing LOD, W to L of M.
- 5-6 Inside hands joined (M L, W R); beg with inside ft (M L, W R). Do 2 Bieg Mazurowy steps in LOD.
- 7-8 M: Bieg Mazurowy in place.  
 W: moves in front of ptr twd outside of circle, end to R of ptr.
- B Part III - Błyskawica (Lightning)  
 1-8 See Błyskawica - #3.
- B' Part IV - Change Places  
 1-2 Ptrs facing, M back to ctr. Hands joined R-L, L-R. Arms rounded. With 2 Hożubce steps (see Hożubce Step #4) make 1/2 CW circle in place. Both start with L ft to their L. After second step, M is facing ctr, W - opp.
- 3 With Bieg Mazurowy step ptrs change places again. M raises his R arm, release hold with M-L, W-R. W moves twd outside of circle under connected hands and making 1/2 CCW turn; ends facing ctr, ptr.
- 4 Join both hands again and do 2 accented steps in place, R,L.
- 5-8 Repeat meas 1-4 with opp ftwk and direction. W moves twd outside of circle under connected hands: M L, W R and making 1/2 CW turn.
- A Part V - Hożubce in side motion (see #4A)  
 1-4 Ptrs facing, M back to ctr. Join hands M R, W L, arms extended to the side, opp arms straight in LOD with palms up. Do 4 Hożubce steps in side motion, 1 per meas.
- 5-8 M kneeling, W around - See #5.

MAZUR (cont'd)

A' Part VI - Hożubce in whirl motion - See #4B  
 1-8 Within meas 1-4 do 3 Hożubce Steps with 1 1/2 cpl turn in CW direction beg with L ft. In the last meas release hold and with 3 accented steps, L,R,L, make 1/2 CW separate turn in place. Ptr is to L now, M facing LOD, W opp. Assume symmetric hold (L hips together), and in meas 5-8 do 3 Hożubce steps in CCW direction, beg with R ft. In the last (8th) meas do 3 accented steps, R,L,R (W last step weightless), end up in facing pos, M back to ctr.

Transition (Music: Trio)  
 1-2 With 2 Bieg Mazurowy Steps circle away from ptr. M beg L ft and circles CCW, W beg R ft and circles CW. Arms to the sides about waist level.

Repeat dance from the beginning one more time (without Introduction).

(Music: Melody C-C', D-D', E-E')

Presented by Jacek and Bozena Marek