

Pronunciation: psheh-vohr-skah

Record: Folk Dancer MH 45-4002. Music by Stanisław Szabat's Folk Orchestra from Rzeszów.

This is a polka from Przeworsk, a small town in the Rzeszów region on the southeastern borderline of Poland. Because it was danced at the fairs in Przeworsk, people from other parts of the Rzeszów region were exposed to it and brought it home. Sometimes it is called the wściekła (mad, wild) polka. It was researched in 1940 by a Rzeszów folklorist, Bożena Niżańska, who learned it from Wiktoria Żakow [sic], born in 1900. The music is in 2/4 time and has a slow part (Melody A) and a fast part (Melody B).

Starting position: Couples in a single circle, in open social dance position, facing each other, Man facing LOD; outside arms hang down loosely.

Measures

Pattern

1-2 Introduction.

Part I (Melody A: 8 meas.)

- 1 (Ct 1) Leaning slightly in the direction of movement, make a sliding step toward the center of the circle sideways on outside ft (Man's L, Woman's R), knees relaxed; (ct &) step on inside ft, still toward center, crossing over outside ft, knees relaxed; (ct 2) step sideways on outside ft, still toward center; (ct &) bounce slightly on the outside ft while body starts to lean in the opposite direction.
- 2 Repeat pattern of meas. 1 with opposite footwork and direction.
- 3-7 Repeat pattern of meas. 1-2 two and a half more times. Note: With this slow relaxed step couple should establish the proper spacing between other couples as this is very essential in the pivot of Part II.
- 8 Finish with 2 stamps (Man RL, Woman LR), while Man takes hold of the back of the Woman's R hand with his L hand and places it on his L hip, holding it there.

PART II (Melody B: 8 meas. played twice)



The couple will now pivot around the room on deeply bent knees, making a full turn with 2 steps (1 meas.).

- 1 (Ct 1&) Moving in LOD Man takes a long step through his heel with R ft, knees deeply bent, and does half a turn CCW; Woman does the same with L ft stepping backward; (ct 2&) still on bent knees Man steps backward on L ft, Woman forward on R ft, and the couple completes the full CCW turn.
- 2 Repeat pattern of meas. 1.
- 3 (Ct 1) Moving in LOD but not turning, Man steps forward on R ft, Woman backward on L ft; (ct &) they both bring their other ft close to the first one, straighten their knees and for a moment stand on the balls of their ft; (ct 2&) they sharply return to the bent knees position and start the pivot again, as in meas. 1.
- 4-15 The special Przeworska pivot takes two and a half meas.; that is why each set starts in a different place of the music; during these 15 meas. the couple does a total of 6 sets (5 quarter notes to each set); while practicing the step it is recommended to count to oneself 1, 2, 3, 4, 5, &.
- 16 (Ct 1&) Moving in LOD Man steps forward on R ft, Woman backward on L ft; (ct 2&) they both jump on both their ft neatly together, knees bent.



Repeat dance from the beginning 5 more times.

Dance introduced by Ada and Jaś Dziewanowski at the Maine Folk Dance Camp 1970. Notes prepared with the assistance of Mary Ann Herman. Please do not reproduce them without Ada's permission: 41 Katherine Road, Watertown, Mass. 02172, tel. (617) 923-9061.