

DULUTH MINNESOTA AUGUST 1977

PRZODEK SZAMOTULY

"Pshoh-dek' Sha-mo- too' -wy)

Dance from Wielkopolska region. Learned from Hanna Chojnacka of Warsaw and Jacek Marek of Poznan. The przodek is a type of dance and there are many melodies, steps and variations.

Music: LTN. 3, 3/4 time.

Formation: Couples scattered about room, face ptr, hds joined in cross-hand hold, L hands over.

Intro: 5 measures.

Part 1 Womens part: Tkac'(weaving)

- 1 Step across self with L ft (ct 1). Step to R with R ft, part L ft (ct 2). Close L ft to R ft, rise to balls of both ft and turn about 1/2 turn CCW (ct 3)
- 2 Same as meas 1 but on opp. ft in opp. directions.
- 3-10 Repeat 1-2 four times.

Man's part: Heavy, done in plie. Support ptr with cross-hd hold.

- 1 Step on R ft, and swing L ft across. Stay facing original direction.
- 2 Step on L ft, and swing R across
- 3-10 Repeat 1-2 four times.

Part 2

M remains in place throughout, helping W. Both M and W must keep joined hds relaxed. There are six measures for W to complete three turns at same time she travels around M 1 1/2 times. The challenge is to space this out in the available time.

- 1 W takes 3 steps CCW around to M left side.
- 2 W takes 3 steps in place turning CCW once.
- 3 W takes 3 steps CCW behind M to his R side.
- 4 W takes 3 steps in place turning CCW once.
- 5 W takes 3 steps CCW in front of M to his L side.
- 6 W takes 3 steps turning CCW ending up back to back with ptr.
- 7 Lean to M R, W, L and look at ptr over same (M,R,W,L) shdr.
- 8 Repeat 7 in opp directions.
- 9-10 Repeat 7-8
- 11 W takes 3 steps, traveling 1/2 turn CW to original posn, at same time turning 1 1/2 times CW.
- 12 Stamp twice.

Part 3 Same as Part 1

Part 4

- 1-6 Same as Part 2, meas 1-6
- 7 Lean each to R, and look at ptr over L shd.
- 8 Repeat 7 in opp. directions
- 9-10 Repeat 7-8
- 11-12 Repeat Part 2, meas 11-12

Part 5&8 Repeat Parts 1 & 4

Variations: Part 5 - do part 1 one handed

Part 6 - Girl turns CCW in place for 6 meas.

R elbow turns for 6 meas.

Part 7+8 - do part 1; girl turns one handed.