

# Trojak (Poland)

Notes by Andrew Carnie, November 27, 2001  
TEDE Choreography

Formation: 2 women, 1 man, in a line; Man in middle. Hold nearer hands at shoulder height.

(There is a short (4bar?) introduction)

**SLOW PART 1: ENTRANCE** (Step Lift, Step Lift, Step, close, Step, Close)

bar 1

1	2	3
R	Lift L	hold
→	●	

bar 2 repeat bar 1 opposite foot work & direction

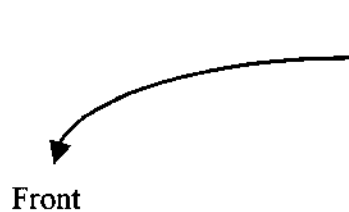
bar 3

R	touch Left next to R	hold
↑	●	

Bar 4 repeat bar 3 opposite footwork

Bars 5-16 repeat bars 1-4 three more times.

Travel from back of stage to face center



*Cont...*

## FAST PART 1 CURL UPS

bar 1

1	&	2	&
R	L	R	
Women start to roll up into tucked position with man (Rhand woman rolls CCW, L hand woman rolls CW)			

bar 2 complete roll up with partner LRL

bar 3-4 using RLR, LRL foot work unroll

bars 5-16 repeat 1-4 three more times

## SLOW PART 2 "PINWHEELS"

bar 1

1	2	3
R	Lift L	hold
→	●	

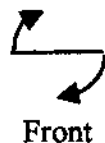
bar 2 repeat bar 1 opposite foot work & direction

bar 3

R	touch Left next to R	hold
↑	●	

Bar 4 repeat bar 3 opposite footwork

Bar 5-8, using 4 waltz steps (RLR, LRL, RLR, LRL). Pinwheel around, with R-hand woman backing up, L-hand woman going forward.



Bars 9-12, repeat bars 1-4, but backing up on bars 3 and 4

Bars 13-16 repeat bars 5-8

*cont...*

## FAST PART 3      “SWINGS” (OR ARMING)

(note, in original dance the M linked L elbows with Rhand woman and R elbows with L hand woman. This has been modified in this choreography)

Use Running steps throughout

bar 1-4      M and RW put L hand on each other's R hip. Have L hips touching. Have free arm up in the air. Swing CCW 2 times around. Meanwhile LW turns CW around herself (can clap)

bar 5-8      M and LW put R hand on each other's L hip. Have R hips touching. Free arm in air. Swing CW 2 times around. Meanwhile RW runs CCW around herself

bars 9-16      repeat 1-8, you may have to cheat the last swing with the LW and only do 1 turn.

## Slow Part 4      “Straight Line”

bar 1

1	2	3
R	Lift L	hold
→	●	

bar 2    repeat bar 1 opposite foot work & direction

bar 3

R	Close Left next to R	hold
→	→	

bar 4

R	touch Left no weight next to R	hold
→	●	

bars 5-8      repeat bars 1-4 opposite footwork and direction

bars 9-16      repeat bars 1-8

*Correct...*

## FAST PART 4 "TUG OF WAR"

Man put feet together, and link his hands in front. RW wedge her L foot up against mans, and grab his R elbow with both hands, LW wedge her R foot up against Man's, and grab his R elbow. Women press their hips against man and play "tug of war" with him, he falls from side to side.

## SLOW PART 5 "GRAPE VINE"

bar 1

1	2	3
R	Lift L	hold
→	●	

bar 2 repeat bar 1 opposite foot work & direction

bar 3

R	Cross L in front	R
→	↗	→

bar 4

L	R	touch Left no weight next to R
↘	→	●

bars 5-8 repeat bars 1-4 opposite footwork and direction

bars 9-16 repeat bars 1-8

## FAST PART 5 "MAYPOLE"

Bars 1-4 using four 123 steps (RLR, LRL, RLR, LRL), Women Run around the man, RW travels CW, LW travels CCW. Man kneels. Hands remain joined throughout. LW goes under joined arms of M & RW in front. The reverse is true behind.

Bars 516 repeat bars 1-4, three more times.

*Cont...*

## FAST PART 6 "FINALE"

(The ORIGINAL choreography just had the dancers doing step lifts (the man does 3 stomps every 4th bar). The following choreography adds a little more excitement.

### REPETITION 1: Flick Kicks!

bars 1

1	2	3
R	Lift L	hold
→	●	

bar 2 repeat bar 1, opposite footwork and direction

bar 3 LW does bar 1 as above.

RW instead of lifting, kicks man with L foot (ie. steps R then kicks L) in the butt.  
M jumps a little forward on count 2

bar 4 opposite of bar 3. LW kicks with R foot, RW does normal bar 2

### REPETITION 2: Stomach Punches!

bars 5-6 as in bars 1-2

bar 7 RW does bar 1 again,  
LW steps R, and punches man in the stomach  
M bends forward on punch and slightly straightens up

bar 8 RW steps L and punches man in the stomach  
LW does bar 2  
M bends forward on punch BUT STAYS DOWN

### REPETITION 3: Pounding on the back

bars 9-10 man stays crouched over, grabbing his hat, making pained faces at the audience. maybe runs a little in place.

Women face man and pound on his back, head etc. with fists

Bar 11 Women grab man's arms and lift him up and shake him (man has to jump to make this look effective)

Bar 12 Women repeat bar 11, but end by pushing him backwards

*Cont...*

## REPETITION 4

Triumph!

- bar 13-14

Women take nearer hands with each other, repeat bars 1-2, facing front  
man cowers in fear in the background

- bar 15

women take R hands in R and shake hands (big twice) facing one another

- bar 16

Women look at man and do one of two possible endings:

1) They pick him up and carry him off stage

or 2) They chase him off stage