## WISLAK

## (Veesh'luck)

SOURCE: Cpl dance from Wisla, Poland.

MUSIC: Record: BRUNO HI-FI, BR 50150, Side B, Band 8 (Com ja sie

tam nachodzil).

STARTING Circle of ptrs in social dance pos, M's back to ctr of

POSITION: circle.

MUSIC:	2/4 PATTERN
Meas 1-4	INTRODUCTION: Four Measures of 2/4 music.
	PART A: (Measures 1-6)
1	Twd LOD, M start with L ft, W with R ft; side-step, close. Ct 1 2
	side-step close
	M L R W R L
2	Two side-steps, close in LOD.
	Ct. 1 and 2 and
	side-step close side-step close
	M L R L R W R L R L
3	One side-step and a heel-stamp in LOD.
	side-step heel-stamp
	M L R W R L
4-6	As in Meas 1-3, but opp ftwk & in reverse direction (RLOD).
	PART B: (Measures 7-20)
7-10	With 4 polka-steps turn solo 'on-the-spot' with hands on hips. M turn CCW, W CW. (One or two turns).
11	Ct 1 - Hop on L ft extending R toes fwd. Ct 2 - Change your feet extending L toes fwd.
12	Repeat Meas 11, PART B.
13	Ct 1 - Jump on both feet (feet together). Ct 2 - Hold.
14-17	As in Meas 7-10, PART B.
18-20	As in Meas 11-13, PART B; but at the same time M & W each moves to his own R, to meet new ptr.
1-4	BRIDGE: 8 running steps, progressing LOD, joining M's R & W's L hands; other hands on hips.

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Presented by Jan Sejda Idyllwidl Workshop - 1971