

ADA'S KRAKOWIAK

(Poland)

Ada's Krakowiak (AH-dahz krah-KOH-vee-ahk) is a couple dance originating in the Krakow region of Poland. The Krakowiak is the national group dance of Poland and the traditional steps are found in many arrangements. This dance was arranged by Ada Dziewanowska and taught at University of Pacific Folk Dance Camp in 1974.

MUSIC: Record: Muza XL 0203 "Farewell to My Country."
S-B, B-4, "At the Krakow Market" (Na Krakowskim Rynku) Meter 2/4

FORMATION: Cpls in a circle, facing LOD, M on inside of circle, inside hands joined, outside fist on hip with wrist straight.

STEPS and STYLING: Galop* (gallop) (GAH-lop)

Zeskok (ZES-kohk) A jump landing with both feet close together. Used to end the phrase when doing a galop.

Akcentowany (AHKT-sen-toh-VAH-nee) Hop on R ft and raise L knee so upper leg is parallel to floor (ct "ah", up beat of ct 1), step on L ft (ct 1), step on R ft (ct 2). May also be done with reverse ftwork; when done with ptr begin on inside ft.

HoZubiec (hoh-WOO-byets) Hop on L ft moving to the R, click R heel to L heel (ct 1), repeat action of ct 1 (ct 2), stamp R (ct 1), stamp L (ct &), stamp R (ct 2). During meas 1 L fist is placed on L hip and R arm is extended diag upward; on meas 2 R fist returns to hip. Repeat of step is done with reverse ftwork and arm positions.

Krzesany (kuh-she-SAH-nee) With wt on L ft, scuff R ft fwd (ct 1), scuff R ft bkwd (ct 2), stamp R (ct 1), stamp L (ct &), stamp R (ct 2). Body may lean slightly to the R on meas 1. Repeat of step is done with reverse ftwork and lean.

Polka*, Crosshand Hold*

Open Shoulder-Waist pos is the same as the Open Position*, except that ptrs are facing each other.

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MUSIC 2/4

PATTERN

Measures

INTRODUCTION

- 1-4 No action
- 5-6 W rolls L into M R arm. End in open shoulder-waist pos.
- 7-10 Rock fwd (twd LOD) and back in place twice.

I. COUPLE GALOP

- 1-8 Dance 15 galop steps in LOD, M begin with L ft, W with R ft. On ct 1 M L hand is raised and extended up and fwd as if holding hat. On ct 16, Zeskok. M L fist returns to L hip.
- 9-16 Repeat action of meas 1-8 (Fig I). M L hand remains on hip.

II. AKCENTOWANY TURN

- 1-8 Dance 8 Akcentowany steps. M begin with hop on R ft and W with hop on L ft. Cpl turn CCW in place, M bkwd, W fwd. End facing LOD, drop open shoulder-waist pos.

III. HEEL CLICKS

- 1-2 Dance 1 Hołubiec step away from ptr. M begin with L ft and dance into circle; W begin with R ft and dance out of circle.
- 3-4 Dance 1 Hołubiec step twd ptr, M begin R, W begin L.
- 5-8 Repeat action of meas 1-4 (Fig III). Adjust on last step to a single circle, M to L of ptr.

IV. CIRCLE GALOP

- 1-8 Join hands in a single circle, hands held shoulder high. Dance 15 Galop steps and 1 Zeskok, moving CCW.
- 9-16 Dance 15 Galop steps and 1 Zeskok moving CW.

V. KRZESANY IN PLACE

- 1-2 Keeping hands joined, all dance 1 Krzesany step beginning with the R ft.
- 3-4 Dance 1 Krzesany step beginning L.
- 5-8 Repeat action of meas 1-4 (Fig V). On last 3 stamps (meas 8) W turn to face ptr, back to center of circle.

VI. HOŁUBIEC IN A SQUARE (HOŁUBIEC W KWADRACIE; hoh-WOO-byets w fuhk-fah-DRAH-cheh)

- 1-2 M and W dance 1 Hołubiec step R; on 3 stamps (meas 2) turn 1/4 R; end back to back.
- 3-4 Both dance 1 Hołubiec step to L; on 3 stamps turn 1/4 R; end facing ptr in a double circle, M on inside of circle.
- 5-8 Repeat action of meas 1-4 (Fig VI) to complete square. End with W on inside of circle.
- 9-16 Repeat action of meas 1-8 (Fig VI).

VII. GALOP IN TWO CIRCLES

- 1-2 All do 3 Galop steps to own R. On last ct of meas 2, stamp R and pivot on R 1/2 turn CW. M is now facing out of circle, W facing into center. M have arms out at sides, shoulder high, palms down on Galops; arms are lowered sharply to sides and raised again to pos on turn. W hold skirts out at sides.
- 3-4 All do 3 Galops to own L. On last ct of meas 4, stamp L and pivot on L 1/2 turn CCW.
- 5-6 Repeat action of meas 1-2 (Fig VII).
- 7-8 All do 3 Galop steps to own L. On last ct of meas 8, Zeskok. (No turn).
- 9-16 Repeat action of meas 1-8 (Fig VII). End facing ptr, M facing in, W out, of circle. Take cross-hand hold.

VIII. KRZESANY TO PLACE

- 1-8 Dance 4 Krzesany steps beginning R. On stamps of 4th step (meas 8), move to a clear spot on the floor. Cpls will be scattered on the dance floor.

IX. GALOP SPIN (DROBNA KASZKA; DROHB-nah KAHSH-kah)

Keep cross-hand hold and with smooth Galop steps spin CW in place. Keep ft close to ptrs ft and lean back at shldr with arms out straight to keep balance.

- 1-4 Do 8 Galop steps, M and W standing straight.
- 5-8 Do 8 Galop steps. W bend knees to a squatting pos and then straighten to a standing pos; M keep standing pos.

9-12 Do 8 Galop steps. M bend knees to a squatting pos and then straighten to a standing pos; W keep standing pos.

13-16 Do 7 Galop steps and Zeskok, both in standing pos.

X. HOZUBIEC IN A SQUARE

Cpls scattered on dance floor.

1-16 Repeat action of Fig VI meas 1-16. Since cpls are scattered on floor they will not form the double and single circle pattern of Fig VI.

On 3 steps of meas 16 adjust to open shoulder-waist pos, M L side twd center of circle.

XI. GALOP IN AND OUT

1-4 Dance 7 Galop steps and Zeskok twd center of circle. M begin L, W begin R.

5-8 Dance 7 Galop steps and Zeskok out of circle. M begin R, W begin L. Maintaining these steps as much as possible, release ptr and W face center and join hands in a circle. W dance bkwd until arms are comfortably extended. As M releases W he stays near her L hand. As soon as W have circle formed, M place L hand over joined hands of ptr and her L hand neighbor.

XII. COGWHEEL GALOP* (KOŁO ZEBATE; COH-woh zem-BAH-teh)

1-10 W dance 19 Galop steps and Zeskok, beginning R and moving CCW. M dance 9 polka steps (meas 1-9). On meas 10, M step R (ct 1), Zeskok (ct 2). M extend free hand diag upward on cts 1,3,5,7,9 and down on cts 2,4,6,8. On ct 10, M put both hands over joined hands of W.

11-14 All dance 7 Galop steps and Zeskok, beginning L and moving CW. On Zeskok, break circle and take open shoulder-waist pos with ptr, outside fist on hip. Both facing center of circle.

XIII. THE BOW (UKŁON; OOK-wahn)

1-2 Cpls dance 2 Akcentowany steps into center of circle, M begin L, W begin R. Outside arms are straight up.

3-4 All take 4 walking steps bkwd out of circle, bowing low and sweeping outside hands twd the floor.

5-8 Repeat action of meas 1-4 (Fig XIII).

9-11 Dance 3 Akcentowany steps, turning CCW in place, outside arms diag up.

12 Cpls bow and straighten.

*Note: This Fig of the dance is done to the old Polish song "Na Wawel, na Wawel"

Polish

*Na Wawel, na Wawel
Krakowiaczku żywawy,
Krakowiaczku żywawy,
Podumaj, poteskni j
Nad pomnikiem sławy,
Podumaj, poteskni j
Nad pomnikiem sławy.*

Pronunciation

*Nah vah-vel, nah vah-vel
krah-koh-vyach-koo zhvah-vyh,
krah-koh-vyach-koo zhvah-vyh,
poh-doo-maay, poh-tens-kneey
naht pohm-nee-kyem swah-vyh,
poh-doo-maay, poh-tens-kneey
naht pohm-nee-kyem swah-vyh.*

Translation

*Go to the Wawel castle
The vivacious Krakow boy.
Ponder and long over
this monument of
Poland's glory.*

