

## Góralski ze Stocktonu (Poland)

Góralski ze Stocktonu (goo-RAHL-skee zeh stahk-TOH-noo) is a modern non-partner dance based on the folklore of the people living in the Tatra Mountains of southern Poland. The name means “the dance of the mountain folk (Górale) from Stockton.” It was taught by Richard Schmidt at the 2005 Stockton Folk Dance Camp. Dances from the Tatra Mountains have a unique style and dialect of their own. Even today the people dress in elements of traditional costume. The young people take the lyrics and melodies of traditional songs and adapt them to modern instruments. This lively dance is an example of traditional dance steps being adapted to modern, yet uniquely Górale, music.

CD: Folk Dances from Poland, vol. 2, band 6 2/4 meter

Formation: Circle of individual dancers facing center of circle with hands joined; feet are parallel and slightly apart.

Steps: Promenade step: Place R heel fwd with leg straight (ct 1); roll fwd on to entire ft while bending R knee and lifting L ft off the floor slightly (ct &); bring L ft fwd and ahead of R (cts 2, &). Repeat with opp ftwk.

Krzesany (kzheh-SAH-nih): Step on ball of R ft across in front of L ft; shift wt back to ball of L (ct 1); bring R back to original pos with wt; shift wt back to ball of L ft (ct &). Repeat (cts 2,&) but hold at end of sequence keeping wt on R ft. Repeat to R beginning with placing L across in front of R. This figure is fast with 7 steps and a hold per meas.

Side-to-side step: With ft together and knees slightly bent, step to R on R ft (about 1 ft) moving ft close to floor (ct 1); bring L ft next to R by lightly dragging ft and stepping on it (ct &); repeat (cts 2,&) but do not take wt on last ct. Repeat meas to L with opp ftwk.

Górale sway: Facing LOD, move fwd in zigzag pattern. Take large step diagonally fwd and to the R on the R ft (ct 1); step on ball of L ft behind R ft while lifting R slightly off the floor (ct &). Step on R to R lifting L up behind so lower leg is at a 45 deg. angle to the floor (cts 2); M can slap outside of L heel with L hand (ct &). Repeat this meas moving diagonally fwd to the L with opp ftwk. On ct 2&, M can make a small chug fwd to R on R ft, and on the L ft when the figure is repeated to the L.

Styling: M dance proudly and stand tall except when as in the Górale sway they can lean fwd to keep their balance. W dance lightly on their feet. When dancing individually, two hand positions are possible for M and W. Dancers, especially the M, can clasp their hands behind their back, or they can place hands on hips, especially the W, with thumb fwd and down leaving other fingers facing back and bringing the elbows slightly back. Walking steps lead with the heel.

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Meas	2/4 meter	Pattern
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INTRODUCTION No action until women sing “Prawy do lewego; lewy do prawego” (right to left; left to right). Then clap 3 or 4 times (cts 1,&,2 or 1,&,2,&) with 4 drum beats.

### I. KRZESANY (crossing figure)

- 1-2 Dance Krzesany step first to L (R crossing over in front of L), and then to R.
- 3-4 Dance Side-to-side step to R curving inward, and then to the L curving back to place.

5-8 Repeat meas 1-4, but end facing LOD.

## II. PROMENADE

1-8 Moving in LOD, dance 16 Promenade steps starting with R ft.

9-10 Beginning with R ft walk 4 steps in a circle out and to the R (CW) and back to starting pos; both hands are raised above the head with palms facing fwd or down.

## III. GÓRALE SWAY

1-3 Dance 3 Górale sway steps, first fwd and to the R, and then fwd and to the L, and finally fwd and to the R.

4 Walk 3 steps in twd ctr of circle making 1 revolution to the L (cts 1,&,2); hold and clap hands to L of head (ct &).

5-8 Repeat meas 1-4, but end facing ctr and omit the clap.

Repeat Figures I, II, and III three more times (4 in all), except on the last meas (Fig.III, meas 8) of the fourth time through when the music slows (percussion stops). Instead of turning, lean fwd on L ft twd ctr of circle with arms held open wide to either side and parallel to the floor (equivalent of 4 beats of music).

## IV. INTERLUDE

1 Continue pose (leaning fwd on L) for the equivalent of an additional 4 cts.

2-3 Walk 4 steps CCW (to L) in circle returning to original pos and facing ctr.

4 Clap hands 3 or 4 times (cts 1,&,2 or 1,&,2,&) with 4 drum beats.

## V. FINALE

1-16 Repeat Fig. III (Górale sway) 2 more times, but do not omit clap on ct 2& of meas 8 and 16.

Lyrics for the song (provided by R. Schmidt):

Racja brachu; wypimy za to;  
(a) kto z nami nie wypije; tego we dwa kije;  
Prawe do lewego; wypij kolego;  
przecie ł wiemy; nigdy nie ma tego z≈ego.