

Klapok from Łowicz

(Poland)

Klapok from Łowicz (KLAH-pohk [from] WOH-vich) is a clapping (*klapać* means to clap in Polish) dance meant to be done for fun by people of all ages from young children to the very old. It was presented by Richard Schmidt at Stockton Folk Dance Camp in 2025. He first learned this dance in 1989 during the World Festival of Polish Folklore in Poland, where Sławomir Mazurkiewicz, well-known Łowicz expert from Łódź, used it in his choreography for the finale number involving many dance groups from around the world.

There are many variations of the dance. Ada Dziwanowska taught a version at Stockton Folk Dance Camp in 1983.

- Music:** 2/4 meter Can be obtained by contacting Richard Schmidt at richard@folkdance.ca or from someone who attended Stockton Folk Dance Camp in 2025.
- Video:** A search on YouTube yields several similar Polish dances called Klapok. To view this specific dance, contact someone who attended Stockton Folk Dance Camp and ask for permission to view their copy of the video. In July 2026, the video will be posted on the Stockton Folk Dance Camp website.
- Formation:** Circle of cpls facing CCW side by side in a large circle with left shoulders toward the center. Closest hands are joined down.
- Steps and Styling:** Closed Social Position: Partners face to face, M's R hand at center of W's back above waist. W's L hand on M's R shoulder. M holds W's R hand in his L hand near waist. Unlike Ballroom Position, M's L and W's R are held *palm down*, M's hand on top of W's.
- Clapping Sequence (8 Meas): Partners face each other.
- (Meas 1) With knees bent slightly, slap hands on thighs (ct 1); straightening knees, clap hands together in front of chest (ct 2).
- (Meas 2) Twisting torso L, clap R hand with ptr (ct 1); face twd ptr (ct 2).
- (Meas 3) Repeat meas 1.
- (Meas 4) Repeat meas 2 with opp hand and direction.
- (Meas 5): Repeat meas 1.
- (Meas 6); Twisting torso L, clap R with ptr (ct 1); twisting torso R, clap L with ptr (ct 2).
- (Meas 7): Repeat meas 1.
- (Meas 8): Clap both hands with ptr, M's L to W's R and M's R to W's L (ct 1); release or hold, depending on what follows (ct 2).
- Note: Generally when each clap is released, the hands separate and remain at shoulder height for the remaining count in the measure.

Measures	Meter 2/4	PATTERN
		INTRODUCTION. Dancer announces the dance name, "Klapoka."
	I.	WALKING FORWARD. M's ftwk is noted. W use opp ftwk.
1-2		M: Step L fwd (ct 1); touch R next to L (ct 2). Continue fwd with opp ftwk.
3-12		Repeat meas 1-2 five times.
13-16		Walk 8 steps in a small circle leading away from ptr. M beg L and circle CCW, W beg R and circle CW. End facing ptr with M's back to ctr.

II. CLAPPING.

1-8 Clapping Sequence face to face.

9-16 Clapping Sequence while walking and cpl rotates CW. Both beg L. End with M facing CCW, W facing CW facing M. Hands are palm to palm, M's L to W's R, M's R to W's L.

III. TRAVELING – MAN FWD AND WOMAN BKWD.

1-8 Cpls travel CCW with 15 running steps, then touch the free ft with no wt to close on last count, hands remaining palm-to-palm. M beg R moving fwd, W beg L backing up.

9-16 Repeat meas 1-8, with opp ftwk and direction.

IV. CLAPPING.

1-16 Repeat Fig II with M facing CCW and W facing CW. End with M's back to ctr of circle, W facing M.

V. TRAVELING SIDEWAYS.

1-8 In Closed Social Position, move CCW. M step L to L while raising joined hands to shldr height (ct 1); step R next to L, bringing joined hands down to waist height. (ct 2). Repeat meas 1 seven times. W uses opp ftwk. M touch R on last count to free R ft for next Fig.

VI. SIDE STEPS IN A SQUARE.

M and W use same ftwk, beg R. With fists on hips, move in a square around ptr.

1 Step R to R (ct 1); step L next to R (ct 2).

2 Step R to R (ct 1); pivot $\frac{1}{4}$ R (ct 2).

3-4 Repeat meas 1-2 with opp ftwk and direction but pivoting again to R to face ptr.

5-8 Repeat meas 1-4 to complete a square.

In short: sideways R, back-to-back, sideways R, face-to-face.

VII. CLAPPING.

1-16 Repeat Fig. II. End facing CCW, left shldr twd ctr, inside hands joined.

Sequence: Dance is repeated once.



Two views of Klapok.

Left, Renata Jarko and Richard Schmidt (Figure II).

Right, Benjamin and Anna Bruxvoort (Figure III).

