

RESEARCH COMMITTEE:  
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**KRAKOWIAK POLESKY**  
(Poland)

The Krakowiak, one of Poland's most popular dances, traditionally does not follow a set pattern but the figures are called by a leader. When danced by American folk dancers they are usually arranged to fit a particular record. This Krakowiak has been arranged by Anatol Joukowsky who has danced the Karkowiak in Krakow, Poland. It was first presented by Changs International Folk Dancers as an exhibition in 1956 and was taught by Anatol Joukowsky at Statewide Institute in San Francisco, May 1958.

MUSIC: Record: CCCP B-14197 Krakowiak 2/4 time. No introduction.

FORMATION: Double circle, cpls facing CCW(LOD), W to R of M. Inside hands joined at shoulder level. M L hand a little behind hip, palm out. W takes skirt in R hand about 6 inches below waist and holds it on R hip(palm out, fingers bwd).

STEPS: **Basic Step:** Leap onto L(cts 1, &). Step R(ct 2). Close L to R(ct &). Next step would start with leap onto R. Knees are flexible.

**Click Step:** Starting with wt on L, hop and land on L. While both ft are off floor, click heels a little to R side. Takes 1 ct. May be done hopping on R and clicking heels a little to L side.

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MUSIC 2/4

PATTERN

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Measures

**I. BACK-to-BACK and FACE-to-FACE**

A 1-16 Starting outside ft(M L, W R) do 16 basic steps traveling in LOD. On first leap(meas 1) swing joined hands fwd and assume a slightly back-to-back pos. Second step (ct 2) is in LOD. On leap in meas 2, turn to face ptr, swinging hands back to starting pos. Second step is still in LOD. Finish facing ptr, M back to ctr. Hands still joined. End wt on M R, W L.

**II. CLICK AND TURN**

B 1 Description is for M. W does counterpart. Hop twice on R and click heels each time. Move in LOD. M raises L arm out to L side, about shoulder height, palm up. W R on hip.  
2 Stamp L(ct 1), R(ct &). Hold (cts 2,&).  
3 Stepping on L, brush R across in front of L to start pivot turn to L(ct 1). M only clap on ct 1. Step R, completing pivot turn(ct 2). W brush L across in front of R, pivoting R.  
4 Facing ptr, stamp L(ct 1), R(ct &), L(ct 2). Hold(ct &). Hands on hips.  
5-8 Repeat action of meas 1-4(Fig II) but starting with hop on L and reversing hand pos. Move to RLOD.  
9-16 Repeat action of meas 1-8(Fig II).

### III. COUPLE TURN

- A 1-8 Assume modified shoulder-waist pos. M R hand on W L hip, L arm extended out to side, palm down. W L hand on M R wrist, R hand on M L shoulder. Starting M L, W R turn CW, progressing in LOD. Use 8 basic steps to make 4 turns. M accents leap on L of each odd numbered meas by bending knee. L hand moves down twd floor on each odd meas and back to place on each even meas.

### IV. MEN INTO CENTER

- C 1 **Man:** Hands on hips, walk into ctr, R(ct 1), L(ct 2). Join hands in circle.  
2-3 Hop 4 times on L and click heels each time. Move to R.  
4 Stamp R(ct 1), L(ct &), R(ct 2). Hold(ct &).  
5-7 Hop 6 times on R and click heels each time. Move to L.  
8 Stamp L(ct 1), R(ct &), L(ct 2). Hold(ct &).  
9-12 Repeat action of meas 5-8(Fig IV) but hop on L and move to R. On first ct hands are placed on upper arms of neighbors.  
13-16 Repeat action of meas 5-8(Fig IV) hopping on R and moving to L.  
1 **Woman:** Hands on hips. In LOD, walk R(ct 1), L(ct 2).  
2 Continuing, walk R(ct 1). Facing ctr, stamp L(no wt) (ct 2).  
3-4 Repeat action of meas 1-2(Fig IV) but start L and move RLOD.  
5-8 Repeat action of meas 1-4(Fig IV).  
9 Facing ctr, step R to R side(ct 1). Stamp L next to R(no wt) (ct 2).  
10 Step L to L side(ct 1). Stamp R next to L(no wt) (ct 2).  
11 Into ctr walk R(ct 1), L(ct 2).  
12 Moving back out of ctr, walk R(ct 1), L(ct 2).  
13-16 Starting R, walk 7 steps into ctr under ptr R arm and close L to R(no wt). On last 3 steps turn L to face ptr. W L ft free, M R.

### V. COUPLE TURN WITH MAN'S ARMS OUTSTRETCHED

- A 1-16 W places hands on M shoulders. M arms are outstretched to side, palms up, a little above shoulder level. Starting M R, W L turn with 16 basic steps CW and moving in LOD. Make  $7\frac{1}{2}$  turns so M ends on inside of circle. As turn is done, widen circle back to original size.

### VI. CLICK AND TURN

- B 1-16 Repeat action of Fig II.

### VII. COUPLE TURN, LIFTING WOMAN

- A 1-8 Starting M L, W R dance 8 basic steps, turning CW and moving in LOD. Make 4 turns. M R hand on W L hip, L hand on own hip. W L hand on M R wrist, R hand on M L shoulder. On ct 1 of each even meas, W leap high and onto L as M lifts with R hand. On last meas W remove hand from M R shoulder and cpls finish in single circle, facing ctr, W to R of M.

## VIII. WOMEN INTO CENTER

- C 1 **Man:** Facing ctr, move to R. From stride pos, jump into air and click heels. Land with L crossed behind R, wt on L(ct 1). Step R to R side(ct 2).  
2 Step L in front of and to R side of R(ct 1). Step R next to L(ct 2).  
3 Repeat action of meas 1(Fig VIII).  
4 Stamp L next to R(ct 1). Stamp R(ct &). Stamp L(ct 2).  
5-8 Repeat action of meas 1-4(Fig VIII) but after click land with R behind L and move to L.  
9-16 Repeat action of meas 1-8(Fig VIII). On last stamp R, do not take wt.
- C 1 **Woman:** Moving diag R and twd ctr, walk R(ct 1), L(ct 2). Hands on hips.  
2 Facing ctr, hop twice on L and click heels each time.  
3 Walk R(ct 1), L(ct 2) in LOD.  
4 Facing ctr, hop on L and click heels(ct 1). Stamp R(ct 2).  
5-8 Repeat action of meas 1-4 but start with L and move RLOD.  
9-15 Repeat action of meas 1-7.  
16 Step L(ct 1) making  $\frac{1}{2}$  turn R(CW) to face M. Step R(ct 2). End M R, W L ft free.

## IX. COUPLE TURN WITH WOMAN'S HANDS BEHIND HEAD

- A 1-16 M holds W as in shoulder-waist pos but hands are a few inches above her waist. W clasp hands behind head. Starting M R, W L, use 16 basic steps to make 8 CW turns in LOD. On last meas, M release W and all join hands in a single circle, W to R of M.

## X. CLICK AND TURN THE WOMAN

- B 1 Hop on R twice and click heels each time. Move to L.  
2 Stamp L(ct 1). Stamp R(ct &). Hold (cts 2,&).  
3 **M:** Stamp L(ct 1) and pull ptr across to L side. Stamp R(ct 2).  
**W:** With lead from M, turn twice CCW(L) and move to ptr L side. Use 4 steps starting L. Rejoin hands.  
4 All stamp L(ct 1), R(ct &), L(no wt) (ct 2). Hold (ct &).  
5-8 Repeat action of meas 1-4(Fig X). M pulls new R hand W to his L side. On last stamp L take wt.  
9-14 Repeat action of meas 1-6(Fig X) but hop on L and move to R. This time M will pull L hand W over to his R side.  
15 Action same for M as in meas 7(Fig X). W moves to R side of M but stays in twd ctr. W make only 1 turn.  
16 On stamps(R, L, R) W join hands in circle. M grasps W L wrist with R. M L arm out to L, a little above shoulder level, palm up.

## XI. STAR CIRCLE

- A 1 All look a little L of ctr of circle. Move to RLOD. Step L in RLOD(ct 1,&). Close R to L(ct 2). Hop on R and click heels(ct &).  
2-6 Repeat action of meas 1(Fig XI) 5 times.  
7-8 M pull W out of circle to his L side. Pose facing ctr with inside arms around ptrs waist and outside hands high.