

Krakowiaki (Poland)

Krakowiaki (krah-koh-VYAH-kee) is the plural of the word "krakowiak". One of the five Polish national dances, the Krakowiak originated in the Kraków region in southern Poland. This arrangement by Ada Dziwanowska was presented by her at the 1981 University of the Pacific Folk Dance Camp.

RECORD: RPC XM-46755 "Easy Dances from Poland", Side A/1 2/4 meter.

FORMATION: Cpls in a circle, ptrs in shldr-waist pos facing each other, but with ML and WR fists on own hips, M back to ctr.

STEPS: Galop (GAH-top): Slightly bouncy sdwd step-close, step sdwd (ct 1); close (ct &). Step repeats exactly.

Zeskok (ZEH-skohk): In preparation, step sdwd in the direction of travel (ct 1); jump, landing on both ft with accent, knees slightly bent, ft together (ct 2). Used to end a phrase.

Krzesany z pójobrotem (ksheh-SAH-nih spooow-oh-BROH-tehm)- Scuffing Step with 1/2 turn: With R side adjacent to ptr, hold ptr around waist with R arm. In preparation, bend both knees and raise L ft in back, bring L arm out low to side, palm facing bkwd (ct & of previous meas); sharply scuff L heel fwd, straightening both knees, and sweep L arm down to R and extend it diag upward to L with upper body leaning slightly to L (ct 1); brush L toe bkwd, knees relaxed (ct 2); with 3 steps L,R,L turn 1/2 CW in place, ending with L side adjacent to ptr, hold ptr around waist with L arm (cts 1,&2 of 2nd meas); prepare for next step as described above (ct &). Repeat of step is done with opp ftwk, arm pos, and direction of turn and lean.

Krok chodu (krohk HÖH-doo)- Walking Step: Beg L, dance 3 steps per meas (cts 1,&2), 1st step is done on full ft, 2nd step on the ball of ft, 3rd step on full ft with a slight accnet; hold (ct &). Repeat of step is done with opp ftwk.

Hojubiec (hoh-WOO-byets)- Click Step: In preparation, place L fist on own hip, bring R arm out low to side, palm facing bkwd (ct & of previous meas); sweep R arm across in front of body and extend it diag upward to R, hop twice on L ft, moving to the R, and click heels together at the height of each hop, legs straight and ft extended during clicks (cts 1,2); return R fist to hip, dance 3 flat, smooth stamps R,L,R in place on slightly bent knees, and bow slightly (cts 1,&2 of 2nd meas); hold (ct &). Repeat of step is done with opp ftwk, arm, and direction.

Porebianka (poh-ren-BYANEE-skah)- Step from Porebiany: For step moving to R, beg with fists on own hips, bring L arm out to L side, palm down and step on R ft to R (ct 1); sweep L arm from L to R at waist level and bend fwd from waist, torso straight, and step on L ft across in front of R, bending knees sharply, R ft coming slightly off floor in back of L ft (ct 2); maintaining pos, step on R ft in back of L ft (ct 1 of 2nd meas); bring torso erect, raise straight L arm over head and do a large hop on R ft with L thigh parallel to floor, toes pointing down (ct 2). Return L fist to hip and repeat step with opp ftwk, arm, and direction.

Krok biegu (krohk BYEH-goo)- Running Step: Two light running steps with thighs vertical and lower legs kicking up slightly in back (cts 1,2).

STYLING: Krokowiak should be danced with vigor and erect posture. Head and torso almost always are kept lifted, and arm, when extended, is straight, with palm up. When placed on hip hand should be in a fist on the forward part of the hip, wrist straight, elbow fwd and shldr down.

MUSIC 2/4

PATTERN

Measures

2 meas INTRODUCTION No action.

I. COUPLE GALLOP

1-8 Beg M L, W R, dance 14 Galop Steps in LOD and a Zeskok.

9-16 Repeat meas 1-8 but end with R side adjacent to ptr and R arm around ptr waist.

II. SCUFFING STEP AND TURN

1-8 Beg L, dance 4 sets of Krzesany z p¹obrotem Step.

9-15 Keeping same arm hold, extend L arm diag upward and lean away from ptr, turn CW in place with 7 Krok chodu Steps.

16 Release ptr, place fists on own hips and stamp R, L (ct 1,2). End facing ptr, M with back to ctr.

III. CLICKS IN A SQUARE

1-2 Dance Ho¹ubiec Step to own R, face to face with ptr, turn 1/4 CW on the stamps.

3-4 Dance Ho¹ubiec Step to own L, passing back to back with ptr, turn 1/4 CW on the stamps.

5-8 Repeat meas 1-4, completing square.

9-16 Repeat meas 1-8, end with M facing out, W facing in, slightly to R of ptr.

IV. CIRCLE GALLOP AND PORĘBIAŃSKA

1-6 W: extend arms to sides. M: cross own arms and join R hand with ptr's L hand and L hand with R hand of W on R. Beg M R, W L, dance 12 Galop Steps in RLOD.

7-14 Releasing hand hold, dance 4 Porębiańska Steps, M R ft to R, W L ft to L.

15-28 Repeat meas 1-14.

V. RUN AROUND THE CIRCLE

1-8 Place fists on own hips, turn 1/4 CCW and beg M R, W L, run with 8 Krok biegu Steps, M in LOD and W in RLOD.

9-16 M turn 1/2 CCW, W turn 1/2 CW and repeat meas 1-8 in opp direction to return to ptr. Join hands in cross-hand hold (R hands joined and L hands joined) and move to a clear space on the floor. M do not take wt on last step (L ft).

VI. GALLOP SPIN

1-16 Beg L, spin CW in place with 30 small, smooth Galop Steps as follows:

8 Galop Steps - both standing erect.

8 Galop Steps - W squatting

8 Galop Steps - M squatting

6 Galop Steps - both standing erect.

Note: Keep ft close to ptr's ft and lean back with arms straight.

End with a Zeskok on last ct, extend straight L arm diag up.