

# Mrákotín

(Czechoslovakia)

Mrákotín (MRAH-koh-cheen) is named after a village in northeast Bohemia. It contains an interesting combination of two-step, schottische, and polka. Mrákotín was taught by František Bonuš at camps and institutes throughout California during the summer of 1979. This description follows his teaching done at the University of the Pacific Folk Dance Camp.

MUSIC: Record: UDGU 114005 Side A, Band 2. (45 RPM) 2/4 meter

FORMATION: Cpls at random about room, hands joined straight across and held down, elbows straight. M face LOD, W face ptr. When free, hands are on hips, fingers fwd.

STEPS and STYLING: Side-Close: (2 per meas) Step sdwd on L, knees straight (ct 1); step on R beside L, relaxing knees (ct &); repeat all (cts 2, &). Step repeats exactly. May be done beg with sdwd step on R.

Two-Step: May be danced in any direction. Step on L (ct 1); step on R close to L (ct &); step on L (ct 2); hold (ct &). Step alternates.

Quick Two-Step: (2 per meas) Same ftwk as for Two-Step but danced twice as fast. Step on L (ct 1); step on R close to L (ct ah); step on L (ct &); hold (ct ah); repeat all with opp ftwk (cts 2, ah, &, ah).

Schottische: May be danced in any direction. Step on L (ct 1); step on R close to L (ct &); step on L (ct 2); hop on L (ct &). Step alternates.

Step-Hop: (2 per meas) Step on L (ct 1); hop on L (ct &). Repeat with opp ftwk (cts 2, &).

Step-Lift: (2 per meas) Same as Step-Hop but the hop is only a lift of the heel of the supporting ft. In this dance all Step-Lifts are preceded by a heel lift on the last sixteenth note (ct ah) of the meas before.

Polka: May be danced in any direction. Hop on R (ct ah of the preceding meas); step on L (ct 1); step on R beside L (ct &); step on L (ct 2); hold (ct &). Step alternates.

Steps described for M; W use opp ftwk.

MUSIC 2/4

PATTERN

Measures

- 4 INTRODUCTION No action
- I. TOWARD CENTER AND AWAY WITH HANDS JOINED
- 1-2 Beg L, move sdwd twd ctr with 4 Side-Close steps. As the L ft is stepped on, swing joined hands twd ctr. On each closing step, return hands to orig pos.
- 3 Step sdwd on L, swinging hands a little higher than before (ct 1); leaving hands in that pos, stamp R next to L, no wt (ct 2).
- 4-6 Moving sdwd away from ctr, repeat meas 1-3 with opp ftwk and hand swing.
- 7 Move sdwd twd ctr with 2 Side-Close steps stamping R, no wt, on the last closing step. Hands swing twd ctr (ct 1); away (ct &); twd ctr a little higher than before (ct 2); hold (ct &).
- 8 Moving sdwd away from ctr, repeat meas 7 with opp ftwk and hand swing.
- 9-10 Hook R elbows with ptr and beg M L, W R turn once CW with 3 Quick Two-Steps and a stamp on M R, W L (meas 10, ct 2). Free hand on hip, fingers fwd. End in/orig place.
- 11-14 Repeat meas 7-10. End in closed (ballroom) pos, M facing LOD.
- II. TOWARD CENTER AND AWAY IN CLOSED POSITION
- 1-3 Moving sdwd twd ctr, repeat ftwk of Fig I, meas 1-3. On each step on L, tilt upper body to R so joined hands are raised upward. Return to normal pos on each closing step.

- 4-6 Moving sdwd away from ctr, repeat meas 1-3 with opp ftwk. On each step on R, tilt upper body to L so R shldr and arm are raised. Joined hands will naturally move downward. Return to normal pos on each closing step.
- 7-8 Repeat ftwk of Fig I, meas 7-8. Tilt body as described in meas 1-6 (Fig II). End with M back to ctr.
- 9-10 In closed pos dance 4 Polka steps, turning CW and progressing in LOD. End with M back to ctr.
- 11-14 Repeat meas 7-10 but do only 3 Polka steps and a stamp. End in open pos facing LOD with M L, W R hand on hip.

III. SCOTTISCHE AND STEP-HOPS

- 1-2 Beg L dance 1 Schottische step and 2 Step-Hops fwd in LOD.
- 3-4 Wheeling as a cpl, turn CW once around with 7 small steps and a hold. M move fwd, W bkwd.
- 5-6 Repeat meas 1-2.
- 7-8 Release ptr and put hands on hips. Turn away from ptr (M CCW, W CW) making a small circle with 7 steps and a hold. Beg M R, W L. End facing ptr, M back to ctr.
- 9 M stamp L,R,L (cts 1,&,2) in place. W stand still.
- 10 W stamp R,L,R in place. M stand still.
- 11 M clap 3 times. W stand still.  
Clap: Extend L hand, palm up, about chest level. Strike L palm with palm of R hand, fingers at R angles.
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- 12 W clap 3 times. M stand still.
- 13-16 Repeat meas 5-8. End side-by-side, facing LOD, ready to take semi-closed pos with M L, W R hands joined.

IV. POLKA STEPS AND STEP-LIFTS

- 1 In semi-closed pos beg M L, W R, dance 1 Polka step fwd in LOD taking a large step fwd on ct 1.
- 2 Beg M R, W L dance 1 Polka step bkwd taking small steps.
- 3-4 In closed pos, dance 2 Polka steps or 4 Step-Lifts turning CW and moving in LOD. Step-Lifts may be done in shldr-shldr blade pos.
- 5-16 Repeat meas 1-4 three times.
- 17-20 Release ptr and put hands on hips. W stand facing ptr. M beg L ft and make a CCW circle with 2 Two-Steps and 2 walks. End facing ptr with 3 light stamps (L,R,L) in place (meas 20, cts 1,&,2). M may clap on ct 1 of meas 17.
- 21-24 M stand facing ptr. W beg R ft and using opp ftwk from man (meas 17-20), make a CW circle. Stamp R,L,R with no wt on last stamp. M may clap on ct 1 of meas 21.
- 25-26 In semi-closed pos, repeat meas 1-2.
- 27-28 In shldr-shldr blade pos, dance 4 Step-Lifts turning CW and moving in LOD.
- 29-30 In semi-closed pos, repeat meas 1-2.
- 31-32 M stand with back to ctr holding W R hand high with L. Stamp lightly in place L,R (meas 31, cts 1,2); L,R,L (meas 32, cts 1,&,2).  
W turn CW once or twice under joined hands with 3 Step-lifts.  
End facing ptr and close L ft to R (meas 32, ct 2).