

## Polonez (Poland)

Polonez (poh-LOH-nez), considered to be the dance of Polish nobility, originated from an old folk dance known as "Chodzony" (Working Dance). Chroniclers of the 17th century describe it as a distinguished, graceful dance used at the opening and closing of grand balls in Poland as well as throughout Europe. The character of the Polonaise is its attempt to imitate courtly conversation. This is achieved through gesture and mimic accompanied by brisk step done to the music in 3/4 time. Polonez was introduced by Jacek and Bozena Marek at the 1991 University of the Pacific Folk Dance Camp.

CASSETTE: "Dance Poland" Side A/1 3/4 meter

FORMATION: Couples in a circle, partners facing, M back to ctr. M hands are down, W holds skirt. Before the dance begins, number the couples from 1-4 moving CW.

STEPS and Basic Step: There is one basic step per measure and it is used  
STYLING: throughout the dance. On ct & of the previous count, bend the knee of the R leg; dance a long step fwd with the L ft (ct 1); dance a shorter step fwd with R ft (ct 2); dance a similar short step fwd with the L (ct 3). The next measure uses alternate ftwk. On the beg of each meas, turn head and torso slightly toward the leading leg. Do not lean torso in any direction.

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MUSIC	3/4 meter	PATTERN
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### Measures

4 meas INTRODUCTION No action (meas 1,2). Step sdwd on LOD (ML,WR) (meas 3). Step on MR,WL beside supporting ft and acknowledge ptr, M nod head, W bend knees (meas 4).

### CHORUS

1-4 Beg with outside ft (ML,WR) dance 4 Basic Steps on LOD. Join inside hands, arms slightly rounded and held fwd, WL hand on top of MR. M move L arm slowly up to shldr level, then out to L side (meas 1-2); then again to the front (meas 3-4).

5-6 Dance 2 Basic Steps in LOD. M change hand hold by joining L hand with WL in front and placing rounded R arm behind W head.

7-8 With 2 Basic Steps, turn as a cpl CCW in place. After 3/4 turn, M stop with back to ctr. W continue with 1/2 turn (without releasing L hands) to end in a single circle facing ctr.

- 9-12 Close circle by joining hands with M facing out, W in. Beg with ML,WR dance 4 Basic Steps in LOD.
- 13-15 Release hands and turn  $\frac{1}{2}$  (M CCW, W CW) to end M facing in, W out; rejoin hands and dance 3 Basic Steps in LOD.
- 16 Release hands and with first step (MR,WL) turn to face ptr (M CW, W CCW)(ct 1); step on ML, WR beside supporting ft and acknowledge ptr (ct 2-3).

I. CHAIN

- 1 Join R hands and, beg with R ft, change places with ptr (M dance LOD, W RLOD) with 1 Basic Step utilizing a  $\frac{1}{2}$  CW circular movement.
- 2 Join L hands with next ptr and, beg with L ft, change places dancing in the same direction but utilize a  $\frac{1}{2}$  CCW circular movement.
- 3-6 Repeat meas 1-2 two more times.
- 7-8 Join R hands with next ptr and with 2 Basic Steps dance 1 full CW circle around ptr to end M facing RLOD, W LOD.
- 9-13 Join L hands with next ptr and chain back to orig ptr.
- 14-15 Join R hands with orig ptr and turn  $\frac{3}{4}$  CW to end facing ptr with M back to ctr.
- 16 Release hands and acknowledge ptr.

II. MAN LEAD PARTNER

- 1-2 Ptrs face LOD, join inside hands and extend them fwd. Beg with outside ft, dance 2 Basic Steps in LOD. M move L arm to shldr level, out to the side, and again to the front. W hold skirt with R hand.
- 3 M: Turning CW, dance in front of ptr with 3 steps to end with back to LOD (inside hands still joined).  
W: Dance fwd with 1 Basic Step.
- 4 While both dance in LOD with 1 Basic Step (M backing up), M gradually moves his L arm diagonally up and bkwd.
- 5-6 Continuing in LOD with 2 Basic Steps, M lead ptr to his L while turning  $\frac{1}{2}$  CW to end both facing LOD, W to L of ptr. MR, WL hands stay joined and extended fwd, M L arm behind W head. W R hand still holds skirt.

- 7 With 3 steps, ptrs change places. On ct 1 M stamp on L ft (taking wt) and cross in front of ptr under joined hands passing with back to ptr to end at L side of ptr. M place L hand on his L hip. W dance almost in place.
- 8 Both move bkwd (M with longer steps). W still hold skirt; ML arm out to side.
- 9-14 Repeat meas 1-6.
- 15-16 Repeat meas 7-8 with W crossing in front (W does not stamp).

III. CIRCLE OF FOUR COUPLES

- 1-4 Each group of cpls 1-4 join hands to make a line (W to R of M). W of cpl 1 lead the line in a CCW arc to join hands with M of cpl 4 to make a small circle of 4 cpls. All beg on R ft.
- 5-6 All dance twd ctr of small circle with 1 Basic Step (meas 5). Dance bkwd with 1 Basic Step enlarging circle again (meas 6).
- 7-8 Repeat meas 5-6.
- 9-12 M 4 of each small circle release hands with W 1 and lead the line CW with 4 Basic Steps to reform the large circle.
- 13-14 All join hands and dance twd ctr with 2 Basic Steps.
- 15-16 Dance bkwd with 2 Basic Steps but turn to face ptr at end and acknowledge ptr.
- 48 meas Repeat Fig I, II, and III.
- 16 meas Repeat Chorus.