

# Poniewierany

(Poland)

Poniewierany (poh-nyeh-vyeh-RAH-nih) is a progressive dance from the region of Wielkopolska. The dance name is derived from the verb "poniewierac" - to ill-treat someone. The dance is also known as "Puszczoany" (push-CHAH-nih) from the verb "puszczać" - to set someone going. Poniewierany was taught by Jacek and Bożena Marek at the 1988 University of the Pacific Folk Dance Camp.

RECORD: Dances of Poland Presented by Jacek and Bożena Marek Side B/7 2/4 meter

FORMATION: Cpls in a circle facing ptr about 1 ft apart. M arms are free. W L fist or hand (fingers fwd) is on her L hip, elbow slightly fwd. W usually holds a handkerchief with which she fans herself, using wrist action, holding it a few inches from her breast, elbow down. If no handkerchief is held, place R hand on R hip.

STEPS and STYLING: Polka (1 to a meas): May be danced in any direction. Step on L in desired direction (ct 1); step on R near L (ct &); step on L (ct 2). Step may also beg with R ft. Step alternates. The polka is flat (no preliminary hop), danced on the whole ft with slightly bent knees. Styling for M is heavy and down to earth. When not dancing with a ptr, the third step (ct 2) for the M is accented by stamping. The W does a deeper bending of the knees on ct 2.

Okroczak (oh-KROH-ohahk) - the Polish word for Pivot (2 steps per meas): Danced smoothly in shldr-shldr blade pos, stepping on the full ft. R ft is between ptr ft and L ft is outside ptr R ft. Beg M L, W R dance 2 pivot steps making 1 CW turn (cts 1,2).

Beg each figure with M L, W R.

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MUSIC 2/4

PATTERN

Measures

2 meas INTRODUCTION No action.

1. CHANGING PARTNERS

- A 1 Making 1/4 turn on the first step to face LOD (CCW), dance 1 Polka step away from ptr, M twd ctr, W away from ctr.
- 2 Dance 1 Polka step, returning to face ptr again.
- 3-4 Taking shldr-shldr blade pos with ptr, make 2 CW turns moving in LOD with 4 Okroczak (pivot) steps.
- 5 Repeat meas 1.
- 6 Repeat meas 2 but progress to a new ptr: M move twd W behind orig ptr; W move diag fwd to meet M ahead.
- 7-8 Repeat meas 3-4 with new ptr (Okroczak moving in LOD).
- B 9-16 Repeat meas 5-8 two more times changing ptrs each time.

II. POLKA FORWARD AND OKRO CZAK

No change of ptr during this Figure.

- C 1-2 With the ptr of Fig I, meas 16 take open ballroom pos with free hand (M L, W R) holding ptr free arms just below elbow. Hold joined arms fwd away from body. Dance 2 Polka steps fwd in LOD.
- 3-4 In shldr-shldr blade pos, repeat Fig I, meas 3-4 (Okrocza k in LOD).
- 5-16 Repeat meas 1-4 three times.
- 32 meas Repeat dance from the beginning, changing ptrs each time in Fig I (on meas 1-2, 5-6, 9-10, 13-14).

NOTE: In 1977 Ada and Jaś Dzięwanowski also taught a version of Poniewierany (ZM 46729) which is basically the same as the one described here except that Fig I is only 8 meas long instead of 16 meas. Dancers should know which recording is being played.

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BO ELAY - ERRATA (published September 1988)

Fig I, meas 4, line 2: Should read: At end assume sidecar pos.....

Fig II, meas 3: Should read: .....step bkwd on R (ct 3); slide L toe bkwd to just in front of R ft. (ct 4).