

SWIR SWIR MAZUR

(Poland)

The Mazur originated as a dance form in the Mazuri region of Poland. There are many traditional figures which are arranged to fit the chosen melody. Mazurs are danced in triple rhythm with the first beat strongly accented and a lighter accent on the third beat. Swir Swir (shveer shveer) translated means "chirp, chirp." This mazur was introduced by Dr. Morley Leyton at the 1968 University of the Pacific Folk Dance Camp,

MUSIC: Record: Buccaneer BC 1000 "Z Gorami, Z Dolinami" Side 1, Band 3

FORMATION: Cpls in a circle facing CCW, W to R of M. M R arm is around W waist and W L hand rests on M R shoulder. Free hands on hips, fingers fwd. Keep a slight angle between each other (face each other slightly).

STEPS and STYLING: Mazur Step: Step fwd on R ft, bending knees (ct 1). Step fwd on L ft, bending knees a little more but as wt is placed on L ft start to straighten knees (ct 2). Step fwd on R ft with knees straight (ct 3). Next step starts fwd on L ft.
Click Step: Hop on L ft and click R heel against L (ct 1). Stamp sdwd R onto R ft, bending knee (ct 2). Close L to R (ct 3). Next step starts again with hop on L ft. Step may be started with hop on R ft and moving to L side. Be careful not to tilt body but keep the wt over the ft. Step is kept close to the floor.
Down-Up Ending: Relax and bend the knees. Point knees and toes twd each other, Hunch over and twist free arm (held out to side at shoulder level) so thumb is pointing down. Bend head fwd and look down. Do all this at the same time (ct 1). Straighten body, bringing ft together, lifting head, and raising arm to about a 45 degree angle above shoulder with palm turned upward (ct 2). Hold ct 3.

MUSIC 3/4

PATTERN

Measures

4 meas INTRODUCTION. No action.

I. MAZUR WITH COUPLE TURN

- A 1-4 Starting with inside ft (M R, W L) do 4 Mazur steps in LOD.
5-8 With no change in step or pos, turn in place CW with 4 Mazur steps (M goes fwd).
9-16 Repeat action of meas 1-8. On meas 16, stamp twice (lightly) and hold ct 3. End with wt on L ft. At same time turn to face ptr and place hands on hips, elbows fwd. (M in inside circle with back to ctr, W in outside circle facing ptr.)

II. CLICK STEP TO RIGHT AND LEFT

- B 1-3 Moving to own R side, dance 3 click steps beginning with hop on L.
4 Leaving L hand on hip and raising R arm do a Down-Up Ending. While doing so, make a slight (1/8) turn to R so that L elbow almost points twd opp circle.
5-8 Repeat action of meas 1-4 (Fig II) but hop on R ft and move to L side. On meas 8 L arm will be raised.
9-16 Repeat action of meas 1-8 (Fig II).

III. WHIP AND PARTNER TURN

- A 1 Keeping R hand on hip, inscribe a horizontal figure 8 in the air with the L hand moving across in front of the body about chest height. For the first half of the 8 bring the L hand, palm down, across the body while shifting the wt onto the R ft. Look down. (cts 1,2). Turning the palm up, complete the figure 8 while shifting the wt back onto the L ft (ct 3).
2 Throw the head back and the L arm high to L side (about a 45 degree angle with the head) and stamp R ft, no wt (ct 1). Hold cts 2,3.
3-8 Repeat action of meas 1-2 (Fig III) three times. On last stamp on R be sure to take wt on R ft.
9 Place R hands on ptrs waist, R hips adjacent and L arm held high. Hop on R ft and click L heel to R (ct 1). Step fwd on L (ct 2). Step fwd on R (ct 3). Cpl turns CW.



SWIR SWIR MAZUR (continued)

10-15 Repeat action of meas 9 (Fig III) six times.

16 Still in same pos do Down-Up Ending.

IV. TWO CIRCLES

2 meas Interlude in music. Releasing ptr, form an inner circle of W and an outer circle of M while dancing 2 Mazur steps. As soon as possible, join hands in the circles.

C 1-8 Dance 8 Mazur steps, M circling CW, W CCW.

9-16 Dance 8 Mazur steps, M circling CCW, W CW. Be sure to end with W in front of and a little to R of ptr.

Note: During the Two Circles and the Basket that follows, the beginning ft is not too important. When done for exhibition, the group may wish to standardize which ft to use (ML-WR).

V. BASKET

Throughout Fig V dance the Mazur step.

C 1-2 M raise joined hands over W heads and bring them down in a front basket.

3-4 Dance in place. If desired, dancers may shake their heads in Polish style. Unless the head shake can be done well, it is better to omit it as it is an optional thing.

5 M raise joined hands and return them to orig pos.

6 W raise joined hands over M heads to form a back basket.

7-8 Dance in place.

9 W raise joined hands and return them to orig pos.

10 M raise joined hands over W heads to form a front basket.

11-16 Repeat action of meas 3-8 (Fig V).

Note: During the formation of the baskets, there will be a slight fwd or bkwd movement to facilitate their formation. At the end of the circling when the first basket is formed, W should not expand their circle but M should move fwd twd them to make the basket. This helps to eliminate stretching the arms.

VI. MAZUR WITH COUPLE TURN

4 meas Interlude in music. Releasing basket hold, assume pos as at beginning of dance. With 4 Mazur steps turn as a cpl CCW (M goes bkwd). End facing LOD.

A 1-16 Repeat action of Fig I.

VII. CLICK STEP TO RIGHT AND LEFT

B 1-16 Repeat action of Fig II.

VIII. WHIP AND PARTNER TURN

A 1-16 Repeat action of Fig III. Since dance is ending give the Down-Up Ending on meas 16 a little extra flourish.