**Sztajerek**  
(Poland)

Sztajerek (stah-YEH-rek) is a couple dance in waltz rhythm from the region of Nowy Sacz (NOH-vih SONCH) in southern Poland. The name "Sztajerek" is a regional word for "waltz." It was presented by Jacek and Bozena Marek at the 1986 University of the Pacific Folk Dance Camp.

**RECORD:**  
Dances of Poland Presented by Jacek and Bozena Marek  Side A/6  3/4 meter

**FORMATION:**  
Cpls in closed (ballroom) pos, M facing LOD.

**STEPS and STYLING:**  
Waltz: May be danced in any direction or while turning. Step on R (ct 1); step on L (ct 2); step on R beside L (ct 3); Step alternates.  
The waltz steps are danced smoothly and serenely.

**MUSIC 3/4**

**PATTERN**

**Measures**

| 4 meas | INTRODUCTION | No action. |

**I. TO THE OUTSIDE; TO THE INSIDE, WALTZ**

**A 1**

M: Step slightly fzd in LOD on R ft, bending knee and toe turned out (ct 1); straightening R knee, place L ft in front of R (L knee straight and toe pointed in LOD) (ct 2); hold (ct 3).

W: Step on L ft diag bkwd twd outside of circle (ct 1); place R ft close behind L heel, raising both heels (ct 2); lowering heels, shift full wt onto L ft (ct 3). During these meas make approximately 1/8 turn CW twd outside of circle.

2  
Repeat meas 1 with opp ftwk and direction, W making 1/4 turn twd the inside of the circle.

3-4  
In closed pos and beg M R, W L, make one CW turn in LOD with 2 smooth waltz steps.

5-16  
Repeat meas 1-4 three more times (4 in all). End with M facing LOD.

**II. LEAP, STAMP AND WALTZ**

**B 1**

M: Releasing W R hand, leap slightly fzd in LOD onto R ft, bending knee and toe turned out (ct 1); straightening R knee, stamp L (full ft with toe pointed in LOD) close to R, putting L hand on hip (ct 2); hold (ct 3).

W: Leap onto L ft diag bkwd twd outside of circle, extending R arm low to R side (ct 1); Touch ball of R ft near L heel, looking at R hand (ct 2); hold (ct 3). W is at M R side, L hand still on ptr R shldr, M R arm around W waist.

2  
Repeat meas 1 with opp ftwk and direction. W leap to M L side (twd ctr) putting R hand on M L shldr and looking at L hand. M put L arm around W waist.

**Note:** During meas 1-2, M gives a lead to ptr on the leaps with the arm that is around her waist.

3-4  
In closed pos and beg M R, W L, make one CW turn in LOD with 2 smooth waltz steps.

5-16  
Repeat meas 1-4 three more times (4 in all).

**Note:** During Fig II emphasize the difference between meas 1-2 (jumpy) and meas 3-4 (smooth and peaceful).

Repeat dance from beginning two more times.

Description written August 1986.