

Tramblanka (Poland)

Tramblanka (trahm-BLAHNK-ah) is a couple dance from the region of Opoczno in the Mazowsze Region (Central Poland). Its most popular version was introduced for the first time by the State Ensemble "Mazowsze." Other versions have been taught by Jan Sejda at Madelynne Greene's '67 Mendocino Camp and by Sharon Leyton at the '73 U.C. Berkeley Festival. This description describes the routine as taught by Jacek and Bozena Marek at the 1991 University of the Pacific Folk Dance Camp in Stockton, Ca.

CASSETTE: Dance Poland Side B/7. 3/4 meter

FORMATION: Cpls in a circle facing LOD (CCW) in escort pos as follows: M places R hand at waist level close to ctr front of body, W to R of M linking her L arm into the space formed by the MR bent elbow. Outside arms at sides.

STEPS and Mazurka (1 per meas): Slide L ft (knee turned out) in designated direction
STYLING: and take wt (ct 1); bring R instep to L heel taking wt on R ft (ct 2);
hop on R, bringing L heel over R instep (ct 3). Step repeat exactly.

Run: Steps are small, light, and bouncy, one to a ct. Do not kick ft up in back, but keep ft close to the floor and don't prance.

Arms: In Figs I, III, and IV (meas 9-12) the designated arms are bent at 90 degrees. Forearms are parallel to the floor, close to the body and hands are made into fists with the thumbs held up. Bent arms are moved twd the outside on one count and back across in front of the body on the next count. Movement comes from the shldr only.

The 2 stamping steps at the end of meas 12 in Figs I, III, and IV are emphasized a little more than the other 3 accented steps.
M stamp R,L (no wt) (cts 1,2); hold (ct 3). W use opp ftwk.

The body is held erect and proud. Dance is done with energy. Occasionally the M may typically move his head back and forth sideways rhythmically.

MUSIC	3/4 meter	PATTERN
-------	-----------	---------

Measures

4 meas INTRODUCTION No action or promenade with ptr. At end, bend ML,WR arms.

I. RUN IN LOD AND RLOD

- 1-3 Beg ML, WR run fwd in LOD with 3 steps per meas (9 total). Beg moving bent arms out to sides (ct 1) and across in front of body (ct 2), etc.
- 4 Turn in place as a cpl 1/2 CCW with 3 accented steps. Bend body slightly fwd to help with the accent. Bent arms continue to move.
- 5-7 Repeat meas 1-3 in RLOD (CW).
- 8 Repeat meas 4 but turn 1/4 CW to end facing ctr.
- 9-10 Run fwd twd ctr with 3 steps and then accent 3 steps by leaning fwd slightly.

- 11-12 Run bkwd 3 steps out of the ctr and then end with 2 stamping steps facing ptr, W back to LOD. Take closed ballroom pos and look twd ctr.

II. MAZURKA TOWARD CENTER AND BACK

- 1-3 Beg ML, WR dance 3 Mazurka steps twd ctr leaning slightly twd ctr to accent ct 1 of the Mazurka step.
- 4 Accent 3 steps in place, turning twd ptr to face out (M CW, W CCW), but remaining in closed pos, joined ML, WR hands curved overhead.
- 5-7 Beg MR, WL repeat meas 1-3 with opp ftwk twd the outside of the circle.
- 8 Turn in place 1/4 CW as a cpl with 3 accented steps to end facing LOD.
- 9-11 Repeat meas 1-3 fwd in LOD.
- 12 Step away from, and face ptr with 2 stamping steps (M LR, W RL). End with MR, WL hands on hips, and other arm bent with thumb up.

III. DO-SI-DO

- 1-3 With 9 running steps (beg ML, WR) do-si-do CW around ptr, passing R shldr first and backing up passing L shldr. Move ML, WR arms as in Fig I.
- 4 Dance 3 accented steps in place, bending body slightly fwd.
- 5-8 Repeat meas 1-4 dancing do-si-do CCW passing L shldr first. Move ML, WR arms as in Fig I.
- 9-12 Hook R elbow with ptr and turn once CW in place with 9 running steps, both moving L arms as in Fig I. On meas 12 dance 2 stamping steps to end in closed ballroom pos, M back to ctr.

IV. MAZURKA WITH HALF TURNS

- 1 Beg ML, WR dance one Mazurka step twd LOD, accenting ct 1 by leaning slightly twd LOD.
- 2 With 3 running steps turn twd ptr while turning 1/2 CW as a cpl to end W back to ctr, joined ML, WR hands curved overhead.
- 3-4 Beg MR, WL repeat meas 1-2 with opp ftwk, moving in LOD and still turning CW.
- 5-6 Repeat meas 1-2.
- 7 Repeat meas 1 with opp ftwk moving in LOD.
- 8 With 3 running steps M dance in place and W turn 1/2 CW to end both facing ctr in Escort pos with outside arms bent.
- 9-12 Repeat Fig I, meas 9-12 turning to face LOD on the last 2 stamping steps.

DANCE SEQUENCE: Dance pattern as written three times total. At end of dance, remain facing ctr.