

Trojak (Poland, Silesia)

Trojak (TROH-yahk) is a dance for three from the coal mining district of Slask (Silesia) in Southwestern Poland. The story goes that this dance was created because there were fewer men than women due to accidents in the mines. It is very popular all over Poland and new figures are constantly being added. Each figure has two parts: Melody A is slow, 3/4 meter; Melody B is fast, 2/4 meter. The dance was arranged from the many existing figures by Ada Dziewanowska and presented by her (at age 100), her son Jas, and her daughter Basia, at the 70th Stockton Folk Dance Camp in 2017 at University of the Pacific.

Ada first taught this dance at Stockton Folk Dance Camp in 1975, and it appears in the syllabus for that year. A different choreography was presented by František Bonuš at Stockton Folk Dance Camp in 1979.

- Music: 3/4 and 2/4 meter
- Formation: M stands between two W, holding their inside hands. W hold their skirts with their outside hands. Trios may stand one behind the other in one or two columns, in a checkerboard pattern about the floor, or in a circle facing the center or CCW.
- Video: Several at http://folkdancemusings.blogspot.com/2014/05/trojak-poland_4743.html
- Steps and Styling: The movements are large and, especially in the fast figures, very energetic. All stamps are heavy steps with weight.

Measures	3/4 and 2/4 meter	PATTERN
1-4	<u>INTRODUCTION</u> . M invites W on his R to dance by bowing slightly and extending his R hand, then does the same with W on his left.	
	I-A	<u>STEP-SWINGS</u> 3/4 meter (slow)
1	Step on R with bent knee (ct 1); swing L across in front of R, rising onto ball of R (cts 2-3).	
2	Repeat meas 1 with opp ftwk and dir.	
3-14	Repeat meas 1-2 six more times, except that on meas 4, 8 and 12 the M does three stamps (L, R, L) instead of the step-swing.	
15-16	Release hands as M and R W bow to each other; M and L W bow to each other.	
	I-B	<u>ELBOWS</u> 2/4 meter (fast)
1-3	M, starting with right arm high and left arm low, does large brushing clap, hooks R elbows with R W and does one (or two) full CW turn(s) with her; meanwhile, the L W turns CCW in place clapping her hands.	
4	All do three stamps in place. Note: Throughout the dance, these three stamps should serve to place the dancers momentarily in original pos.	
5-8	Repeat meas 1-4 with L elbows with L W turning CCW; R W turns CW in place and claps.	
9-16	Repeat meas 1-8.	
	II-A	<u>FORWARD, BACK AND CIRCLING</u> 3/4 meter (slow)
1-2	Repeat Fig I-A, meas 1-2 (step-swings R and L).	
3-4	Step R fwd (ct 1); touch L next to R (ct 2); hold ct (3); repeat with opp ftwk.	
5-7	W dance fwd and twd each other to join hands and, with three waltz-like steps, the trio makes a full CCW turn.	
8	Three stamps in place opening up to original pos.	

- 9-10 Repeat meas 1-2.
- 11-12 Repeat meas 3-4 but moving bkwd.
- 13-16 Repeat meas 5-8 but turning CW.
- II-B WRAPS 2/4 meter (fast)
- 1-2 M turns each W inward along his arm into a “cuddle-up” pos.
Before turning using three steps, W raise outside arm slightly to avoid it being trapped.
- 3-4 W reverse their turn, moving outward away from M along his arm, using two steps (cts 1-2); all do three stamps (cts 1, &, 2).
- 5-16 Repeat meas 1-4 three more times.
- III-A RIGHT AND LEFT 3/4 meter (slow)
- 1-2 Repeat Fig I-A, meas 1-2 (step-swings R and L).
- 3-4 Step R to R (ct 1); step L next to R (ct 2); hold (ct 3). Step R to R (ct 1); touch L next to R (ct 2); hold (ct 3).
- 5-8 Repeat meas 1-4 with opp ftwk and dir.
- 9-16 Repeat meas 1-8.
- III-B PULLING AND PUSHING 2/4 meter (fast)
- M stands stiffly, hands joined at waist. Holding onto M’s upper arm (R W R arm, L W L arm) with both hands, W plant their feet apart in a “fencing” stance with inside foot against the side of M’s foot.
- 1 R W pulls M twd her (L W doesn’t let M get pulled too far).
- 2 Repeat meas 1 with L W pulling.
- 3-15 Repeat meas 1-2 seven and a half times.
- 16 All stamp three times.
- IV-A GRAPEVINES (resume original pos) 3/4 meter (slow)
- 1-2 Repeat Fig I-A, meas 1-2 (step-swings R and L).
- 3-4 5-step grapevine, one step per beat: R to R; L in front; R to R; L behind; R to R; touch L.
- 5-8 Repeat meas 1-4 with opp ftwk and dir.
- 9-16 Repeat meas 1-8.
- IV-B ARCHES 2/4 meter (fast)
- 1-4 M lifts L arm, R W goes in front of M and under the arch and back to place, and M turns in place. Repeat with R arm raised and L woman going under the arch. All finish with three stamps in starting position. Note: Arches can optionally be done as follows: Both W move across in front of M, R W passing under his L arm arch in front, L W passing under his R arm arch in back.
- 5-16 Repeat meas 1-4 three more times.
- V ENDING 3/4 meter (slow)
- 1-14 Repeat Fig I-A, meas 1-14.
- 15-16 M faces R W and they bow (cts 1-3). M faces L W and they bow (cts 1-3).

