

WALC RZESZOWSKI

(Poland)

Walc Rzeszowski (pronounced VAHLTS zhe-SHOF-skee) is from the area of Łańcut in the Rzeszów region in southeastern Poland. The name means just that: "a waltz from the Rzeszów region". The tune has 2 parts; each is 6 measures long. The second part is repeated, resulting in a stanza 18 measures long. The dance was taught at the 1977 University of the Pacific Folk Dance Camp by Ada and Jaś Dziwianowski, who learned it from Leokadia Magdziarz, the noted Rzeszów folklorist.

MUSIC: Record: ZM-40591 "Tańce ludowe z Polski" (Folk Dances from Poland), Side A, Band 3.

FORMATION: Cpls in closed pos, M facing LOD--randomly spaced around the floor.

STEPS AND STYLING: Waltz-Pivot (2 meas): The first meas is a waltz step* done turning 1/2CW, beg M fwd R, W bkwd L, and progressing in LOD. The waltz is flat-footed, but bouncy because knees are slightly bent. Both M and W keep R ft between ptr ft and remain face to face. The second meas is a pivot* continuing the turn another 1/2CW. M step bk d L, W fwd R (ct 1). M swing R ft slightly out to R side in a CW circular motion and then raise it in back with the shin parallel to the floor. This gives the turn more momentum. WL ft is also raised in back to the same parallel-to-the floor pos, but she does not circle it like the M. Both M and W lift ML, WR heel off the floor (cts 2, 3). Keep knees close together also.

Rest Step: (Described for the M, W opp) Step or small leap sdwd R on R, bending knee slightly and bending body slightly to the L in opposition (ct 1). Stamp L heel lightly beside R twice, no wt. (cts 2, 3). Step alternates.

*Described in STEPS AND STYLING published 1977 by the Folk Dance Federation of California, Inc., Hayward, CA.

MUSIC 3/4

PATTERN

Measures

1-6 INTRODUCTION. No action.

I. WALTZ-PIVOT

A 1-6 Dance 6 waltz-pivot steps turning CW and progressing in LOD.

and
B 7-12 Finish M facing LOD.

II. REST STEP

B 7-12 Dance 6 rest steps in place.
rpt Repeat dance from beginning. Music is repeated 5 more times. Any combination of waltz-pivot or rest steps may be danced as long as you switch from one step to the other at the beginning of the 6 meas phrases of music A or B.