

RESEARCH COMMITTEE:

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ZASIALI GORALE

(Zah-shya-lee Goo-rah-ley)

A Polish dance introduced at Folk Dance Camp, Stockton, California, by Vyts Beliajus. It is a singing game from the mountainous district of Polish Galicia. There are many figures, but most are optional, since it is up to the leader to choose the desired figures or create his own. The chorus, however, is not replaceable and it begins the dance regardless of what the following figures are. These figures as described by Vyts Beliajus were chosen from the many authentic steps used.

MUSIC:

Record: Folkraft F-1090 A—*Zasiali Gorale*Piano: See *Dance and Be Merry*, Vol. II. by Vyts Beliajus

FORMATION:

Groups of three, a man with two women or one woman with two men (the single person in the center), holding joined inside hands at shoulder height, elbows bent. The two outside people have their free hands on their hips. The groups may be facing forward in a column of threes down the center of room or facing counterclockwise in a circle.

STEPS:

Step-swing*, Run*, Stamp

MUSIC 3/4 and 2/4	PATTERN
MEASURES	
A 3/4	CHORUS.
1-8	a. Beginning on the R foot, step R, swing L across R (cts. 1, 2, 3). Step on L, swing R across L (cts. 1, 2, 3). Repeat 3 more times while progressing fwd. (8 step swings altogether) in line of direction. On the swing there is a slight lift on the supporting foot made by rising up on the toes on Ct. 2 and returning heel to floor on Ct. 3.
9-16	b. Beginning on R, take 8 fwd step swings while moving bwd to original place.
B 2/4	I. <i>Runs</i>
1-3	a. Beginning R, take 6 running steps fwd.
4	Stamp 3 times in place (R, L, R).
5-7	b. Beginning L, take 6 running steps bwd.
8	Stamp 3 times in place (L, R, L).
9-16	Repeat action of Fig. I, meas. 1-8.
A 3/4	CHORUS
1-16	Repeat
B 2/4	II. <i>Arches</i>
1-3	a. M and his L hand W raise joined hands (M L, W R) to form an arch. W on his R, beginning R, takes 6 running steps going under the arch, around the M and back to place. M and L hand W follow R hand W turning inward simultaneously and under their own joined hands.
4	All stamp in place 3 times (R, L, R).
5-7	b. Beginning L, repeat action of Fig. II, meas. 1-3, but with W on M L going under arch formed by M and W on his R.
8	All stamp in place 3 times (L, R, L).
9-16	Repeat action of Fig. II, meas. 1-8.
	Note: Throughout Fig. II trio keeps inside hands joined.

ZASIALI GORALE (Continued)

MUSIC 3/4 and 2/4	PATTERN
MEASURES	
A 3/4	CHORUS
1-16	Repeat
B 2/4	III. Clap and Elbow Swing
1-3	All release hands for this figure.
4	a. M and W on his R clap own hands, hook R elbows and beginning R run around each other back to place with 6 small steps. L hand W stands in place.
5-7	All stamp in place 3 times (R, L, R).
8	b. M repeats action of Fig. III, meas. 1-4, but with W on his L and hooking L elbows. R hand W stands in place.
9-16	All stamp in place 3 times (L, R, L). Repeat action of Fig. III, meas. 1-8, except that M hooks L elbows with W on R and R elbows with W on L.
A 3/4	CHORUS.
1-16	Repeat
B 2/4	IV. Greeting
1-3	All release hands
4	a. W on M R takes 3 running steps (R, L, R) to cross in front of M to face W on his L. Both W nod to each other and W on R runs bwd. (L, R, L) to place.
5-7	All stamp in place 3 times (R, L, R).
8	b. Repeat action of Fig. IV, meas. 1-3, with L hand W, beginning with L foot, crossing to greet R hand W and returning to place.
9-16	All stamp in place 3 times (L, R, L). Repeat action of Fig. IV, meas. 1-8.
A 3/4	CHORUS.
1-16	Repeat
B 2/4	V. Figure Eight
1-3	All release hands and place on hips.
4	a. Beginning R, M takes 6 running steps going in front of W on his R, around her and back to place. W stand in place.
5-7	All stamp in place 3 times (R, L, R).
8	b. Repeat action of Fig. V, meas. 1-3, with M going around L hand W and beginning L.
9-16	All stamp in place 3 times (L, R, L). Repeat action of Fig. V, meas 1-8.
A 3/4	CHORUS
1-16	Repeat
B 2/4	VI. Twirl
1-3	Inside hands are joined and raised high
4	a. M twirls both W inwardly under raised arms 3 times, W taking 6 running steps.
5-7	All stamp 3 times (R, L, R)
8	b. Repeat action of Fig. VI, meas. 1-3, beginning L and with W turning outwardly on twirls.
9-16	All stamp 3 times in place (L, R, L) Repeat action of Fig. VI, meas. 1-8.