

Alana's Mazur (Poland)

The mazur (MAH-zoor) is one of Poland's five national dances, along with the kujawiak, oberek, polonez and krakowiak. Originating as a peasant dance in the Mazury region of central Poland in the 16th century, the mazur was adopted by the nobility of Poland in the 17th century. In the court the dance became more stylized and formal and gradually lost its original peasant character. There are many different steps and figures for the mazur, and this arrangement by Alana Hunter uses only a few of them. She introduced it in 1980 at the Khadra workshop and Stanford spring festival.

RECORD: Za Gorani, Za Dolinami BR 1000, Side B/4
"Mazur z Kieleckiego" 3/4 meter

FORMATION: Cpls in a single circle, facing ctr, W on MR, all hands joined down in "V" pos.

STEPS: Mazur step (Bieg mazurowy - B'yegg mah-zoo-ROH-vih):

Dance a low, short leap onto L (ct 1); bring R ft fwd and through low to the floor to dance a long step on R (ct 2); short step fwd on L (ct 3). Step alternates. It should move swiftly and smoothly.

Stamp-ending (Przytup - PSHISH-toop):

Stamping step on L (or R) (ct 1); stamp R (or L) (cts 2-3). The last stamp may take wt or not, depending on the following ftwk.

Click-step (Hożubiec - Hoh-WOO-b'yets):

Moves sdwd. To the L: Extend L leg to L in preparation. Hop on R moving slightly to the L, clicking L heel to R heel in the air with both legs straight, toes pointed down, ft parallel (ct 1); with both knees bent take a long-reaching step on L sdwd to L (ct 2); step on R beside L, displacing L leg sdwd in preparation for next click (ct 3). Step repeats exactly.

To the R: Repeat above movements with opp ftwk and direction.

STYLING: Keep back straight. Lean fwd slightly from waist. Unless otherwise stated, free hand is in a fist placed on hip with wrist straight and elbow slightly fwd.

MUSIC 3/4

PATTERN

Measures

The record has no musical introduction.

I. CIRCLE

1-2 No action.

3-7 Beg R, face and circle in LOD with 5 Mazur steps.

8 Stamp-ending LR, turning to face RLOD. Take wt on second stamp.

9-15 Beg L, circle in RLOD with 7 Mazur steps. On last meas release ML, WR hands. M move to inside of circle to finish facing ptr.

16 Join MR, WL hands at shldr level, arms outstretched in RLOD.
Stamp-ending RL. W only take wt on last stamp.

II. CLICKS (Hożubiec)

1 Move sdwd in LOD with 1 Click step, beg ML, WR. Turn to face LOD on last ct.

2 Beg ML, WR, dance 1 Mazur step fwd in LOD, turning (M CCW, W CW) back-to-back with ptr on last ct. Swing joined hands down and through to finish fwd in LOD at shldr level.

3 Repeat meas 1 with opp ftwk continuing in LOD.

- 4 Dance 1 Mazur step fwd in LOD, turning (M CW, W CCW) face-to-face on last ct. Swing joined hands down and through to finish with arms outstretched in RLOD.
- 5-7 Repeat meas 1-3.
- 8 Stamp-ending M RL, W LR, turning (M CW, W CCW) to face ptr. W only take wt on last stamp.
- 9-11 With R hips adjacent extend R arm across in front of ptr to hold at ptr L waist and raise L arm diag upward, palm up, fingers together. Beg L, dance 3 Click steps turning CW with ptr. Release hands and return fists to hips. Dance 1 Mazur step in place LRL, facing ptr, but finishing L hips adjacent.
- 12 Release hands and return fists to hips. Dance 1 Mazur step in place LRL, facing ptr, but finishing L hips adjacent.
- 13-15 Repeat meas 9-11 with opp ftwk, arms and direction.
- 16 Return fists to hips. Stamp-ending RL, finishing facing ptr with M back to ctr. Both take wt on last stamp.

III. DIAMONDS

- 1 Beg R, move diag fwd to own R with 1 Mazur step, turning 1/4 CW and ending back-to-back with ptr.
- 2 Beg L, move diag bkwd into ptr orig place with 1 Mazur step, turning 1/4 CW to finish facing ptr. Open arms and extend them twd ptr at waist level.
- 3-4 Return fists to hips and repeat meas 1-2 to own place.
- 5 Repeat meas 1.
- 6-8 Beg L, W continue to move in LOD with 3 Mazur steps, turning 1/2 CW per meas. Beg L, M turn 1/2 CW and follow W in LOD with 3 Mazur steps.
- 9-12 Continue moving in LOD, M fwd, W bkwd with 4 more Mazur steps.
- 13-14 Repeat the action of meas 1-2 from this pos.
- 15 Move diag fwd to own R with 1 Mazur step, turning 3/4 CW to finish facing ptr, M back to ctr.
- 16 Join MR, WL hands, arms outstretched in RLOD. Stamp-ending LR.
M only take wt on last stamp.

IV. "LIGHTNING" TURN AND MAN KNEEL

- 1-4 Take open pos facing LOD, arms extended fwd in LOD, M free fist on hip, W holding skirt. Beg ML, WR dance 4 Mazur steps fwd in LOD. On last meas M turn 1/2 CW to face RLOD, getting into pos for the "lightning" turn.
- 5-8 Ptrs side by side with L hips adjacent, MR, WL hands joined at shldr level with WL arm straight across in front of M, M reach under WL arm to place palm of L hand on W lower back. Turn twice CCW with 4 Mazur steps, leaning slightly fwd and looking at ptr.
This figure is called "Lightning" or B'yskawiczka (B'wis-kah-VEECH-kah).
- 9-12 Repeat meas 1-4.
- 13-16 MR, WL hands remain joined.
M: Prepare for kneel on R knee by brushing L fwd (preliminary ct 3 of meas 12). Leap onto L in LOD and kneel on R with toe pointed bkwd, R leg close under body (cts 1-3). Hold pos, leading ptr around with R hand and watching her as she circles him (meas 14-15).
Meas 16: Recover to standing pos with Stamp-ending RL, taking wt (cts 1,2-3). Face ptr, M back to ctr. (this kneeling figure is called Przyłęk (PSHIS-klenk)).
W: Dance once around M in a CCW circle with 3 Mazur steps, beg R (meas 13-15).
Meas 16: Stamp-ending LR, taking wt (cts 1,2-3).

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V. TWO CIRCLES

- 1-7 Release ptr hands. Beg MR, WL dance 7 Mazur steps, passing ptr by L shldr so that W dance twd ctr to join hands in "V" pos, forming an inner circle of W moving RLOD. M turn CCW and also join hands in "V" pos, forming an outer circle of M moving in LOD.
- 8 Stamp-ending M LR, W RL. Both take wt on last stamp.
- 9-15 Beg ML, WR dance 7 Mazur steps. M circle CW, W CCW.
Do not pass ptr on return, but release hands and dance in front of ptr, M moving to inside and W to outside (meas 15). Finish facing ptr, M back to ctr.
- 16 Join MR, WL hands extended in RLOD. Stamp-ending M RL, W LR.
Do not take wt on last stamp.

VI. CLICKS

- 1-16 Repeat Fig II.

VII. FINALE

- 1-8 Repeat Fig IV, meas 9-16. On Stamp-ending sweep ML, WR arm across own body (ct 1); extend arm diag upward, palm facing inward (cts 2-3).

