

# POLONEZ WARSZAWSKI

(POLAND)

The Polonez seems to be one of the oldest of Poland's national dances. Toward the end of the eighteenth century, when the dance had become very popular, the composition of a new Polonez became the expected accompaniment to a great occasion. Some of these compositions have been used for dancing for over a hundred years. This Polonez comes from the region of Warsaw. It was presented by Mr. Anatol Joukowsky at the 1960 College of the Pacific Folk Dance Camp

Every State ball opened with a Polonez, officers wearing their uniforms; noblemen wearing their close-fitting velvet coats with voluminous sleeves, a magnificent colored sash knotted in front, and top boots; over all a black or white satin cloak trimmed with fur, a fur cap with feathers completing the picture. At Court, as in any modest country house, the couples promenaded through all the rooms, to finish with a deep reverence to each other.

MUSIC: Record: Mazowsze Song and Dance Ensemble of Poland, Bruno BR 50071, Side B, Band 8 -  
"Polonez Warszawski"

FORMATION: Cpls in double circle facing LOD (CCW), M to L and slightly behind W, ptrs L joined and extended fwd about shoulder height. W hold skirt with R; MR at small of back, palm out, or extended at shoulder level in a protective arc behind W but not touching her. Ptrs should not be too close to each other.

STEPS AND  
STYLING: Basic Step: Step fwd R (ct 1), step fwd L (ct 2), step fwd R, bending knee and almost at the same time lightly brush L fwd (ct 3). Next step starts fwd with L.

Description same for M and W, unless otherwise noted.

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**MUSIC 3/4****PATTERN**

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**Measures**

8 meas.      INTRODUCTION      No action.

**I. PROMENADE**

Start with vocal

1-3      Both beginning R, dance 3 basic steps fwd in LOD.

4      Both beginning L, W dance 1 basic step almost in place while M dances 1 basic step bwd twd ctr. Finish M facing almost RLOD, W LOD, L hands still joined.

**II. CROSS OVER AND RETURN**

Change places by moving fwd in an arc, L still joined.

5      Beginning R, dance 1 basic step twd ptrs place.

6      Continuing fwd movement, step L (ct 1), step R (ct 2), point L toe and shoulder twd ptr (ct 3). W is now on inside of circle facing RLOD; M on outside facing LOD.

7-8      Cross over to take starting pos of meas 1 (Promenade). M move straight across and W turn R, backing under raised joined L hands with one basic step (meas 7). Continuing movement, step R (meas 8, ct 1); step L (ct 2); stamp R beside L, no wt (ct 3).

Cpls are now in pos to start the dance again.