

## GOLABEK (Goh-won'-beck)

English translation: Little Dove. A Polish couple dance from the Opole Region introduced by Jan Sejda at Mendocino Folk Dance Camp, 1967.

TIME: 2/4

RECORD: Dyno DLP 1638 Side 1, Band 2.

STARTING POSITION: Single circle of couples, M facing LOD, W facing M. R hands are joined slightly above waist level, arms extended but relaxed. Free hands on hips, fingers fwd.

## PART A - measures 1-8

- 1 Both hop on L ft and extend R toe straight fwd touching floor, ct 1. Repeat with opp footwork, ct 2.
- 2 Jump on both ft, ft together, ct 1.  
Jump on both ft, ft slightly apart, ct AND.  
Jump on both ft, ft farther apart, "sitting" (knees bent), ct 2.  
Emphasis becomes greater with each succeeding jump (one, AND, TWO).
- 3-8 Repeat meas. 1-2 three times.

## PART B - measures 9-16

Pos as for Part A, except that hands are joined high. M starts L, W R. Progressing LOD, M does eight polka steps fwd while W turns R once around under joined hands with each polka step. A polka step consists of three changes of wt, three small steps, with a slight knee bend on the third step. Ct one, and, two or step, step, down.

## PART C - measures 17-24

Social dance pos, extended arms very straight, W R wrist rests in M L palm. Cpl does eight polka steps, turning CW "on the spot" (no progression). Posture is erect, leaning back a little. Please note that the social dance pos is typical of the Opole region.

Repeat entire dance from the beginning.

Presented by Madelynne Greene