

OKRAC SE WKOŁ
(Poland)

A couple dance from Kaszuby, northern region of Poland with fishermen tradition. The dance has two parts in 3/4 meter - the first is slow, the second, faster.

Pronunciation:

Record: Dances of Poland 3/4 meter

Formation: Cpls around the circle, ptrs facing approximately 2' apart. M back to ctr.

Meas

Pattern

Introduction

1-2 No action.
3-4 Small step in LOD (M L, W R) end with the bow.

Part I (Slow)

A 1 Beg with M L, W R, both make full turn in LOD. M turn L (CCW); W R (CW).
2 Bow. M: bow with the head only and extend both arms to sides.
W: bend knees and hold skirt (cts 1,2); return to previous pos, straighten knees (ct 3).
3 Repeat meas 1 in the same LOD.
4 Repeat meas 2.
5-8 Repeat meas 1-4 in RLOD.
9-12 Repeat meas 1-4 but both ptrs turn to their R (M-RLOD, W-LOD).
13-16 Repeat meas 9-12 with opp ftwk and direction (ptrs return twd each other).

Part II (Fast)

B 1 Ptrs join hands R in R, L in L, R hands over, both facing LOD, W to R of ptr. Two running steps fwd in LOD, both beg R ft (cts 1,2); extend R ft which is parallel to floor, knee straight, raise the knee and make 1/2 bkwd bicycle movement (ct 3).
2 Repeat meas 1.
3 Three running steps fwd.
4 Two accented steps, L,R.
5-8 Repeat meas 1-4 but the 3 running steps are done in place with 1/2 CCW turn. End with 2 accented steps (meas 8).
9-16 Repeat meas 1-8 in RLOD. The running steps in meas 15 are done in place with 1/2 CCW turn. In meas 16, release hands and with 2 accented steps separate about 2' apart, end facing ptr, M back to ctr.

Part III (Slow)

A 1-16 Repeat Part I.

OKRĄC SE WKOŁ (Continued)

- Part IV Hand Claps and Stamps
- B 1 With L hand on hip, clap ptr R hand (ct 1); pause (cts 2,3).
 2 Repeat with opp hand.
 3 Bend knees, lean slightly fwd and do full CCW turn in place. Hands free and down.
 4 Two accented steps R,L. Both hands on hips.
 5-8 Repeat meas 1-4 with opp action: Beg clapping L hands, then R and make CW turn in place. Join both hands with ptr (R with L).
 9 Stamp on L ft and cross R slightly at the front of L.
 10 Repeat meas 9 with opp ftwk.
 11 Beg with L ft do 3 running steps, changing pos with ptr, in CW direction (M now facing ctr). Arms rounded.
 12 Two accented steps in place.
 13-16 Repeat meas 9-12 with opp ftwk and direction.
- Part V
 A 1-16 Repeat Part I.
- Part VI
 B 1-16 Repeat Part II.

Presented by Jacek and Bozena Marek