

UMARL MACIEK
(Poland)

Record: Imperial 1206

Formation: Double circle, ptrs facing, hands on hips.

Measures Pattern

4 meas Introduction

- I.
- 1 - 2 Cpls facing, hands on hips. In 2 waltz steps, beg M L, W R, turn away from ptr in one complete turn (M CCW, W CW).
- 3 - 4 Step draw twice in fwd direction (CCW).
- 5 - 8 Repeat in opp direction beg M R, W L.
Balance
- 9 - 10 Join R hands and face ptr. Balance fwd on R and back on L.
- 11 - 12 W turns under arm and exchanges place with M on 2 waltz steps.
- 13 - 14 Balance fwd and back with L hands joined.
- 15 - 16 W turns under raised L arm and exchanges place with M on 2 waltz steps.
Waltz
- 1 - 2 In skating pos, hands crossed, R hand on top. Waltz fwd (CCW).
- 3 - 4 Sudden turn twd ptr so as to face in opp direction, and two waltz steps bwd in LOD.
- 5 - 8 Turn again and continue waltzing CCW (LOD).
Swing
- 9 Release cross-hold and join hands. Balance twd the R so that L shoulders are adjacent. L arms should be nearly straight and both arms are at shoulder level.
- 10 Balance twd the L so that R shoulders are adjacent (in opp of meas 9).
- 11 - 12 Turn by moving fwd for 2 meas, changing places (1/2 turn CW).
- 13 - 16 Repeat meas 9-12, turning fwd to original place.

Presented by: Vyts Beliajus