

The Stockton Góralski (Poland)



A modern dance number based on the folklore of the Tatra Mountains of Poland. The Górale (Mountain Folk) of Poland have a unique style and dialect of their own. To this day when travelling through this region you will find the local people dressed in elements of the traditional costume. The young people continue the traditions and customs of their ancestors by taking their lyrics and melodies and adapting them to modern instruments. While you can find modern adaptations in the other parts of the country, the Górale ones have a special beat of their own. I usually don't teach mountain dances in folk camps due to their intricate footwork and the uniqueness of the music, which at times can be quite repetitious and hard to listen to, however I believe that this modern version will be a blast of fresh air and will give the student a taste of the speciality of this folklore.

Music: *Folk Dances from Poland, Vol. 2, Band 6*

Formation: Circle of individual dancers facing ctr of circle. Count: 1&2&

Steps: Promenade step: Moving in LOD, with wt on L ft, place R heel firmly on the floor with R leg remaining straight (ct 1). Place complete foot on the floor whilst bending the R knee and lifting the L ft off the floor slightly with bent knee and bringing frwd parallel to the R ft (cts & 2). Continue bringing L ft frwd and ahead (ct &). Can be done with opp ftwk.

Walking step: Everyday walking step -heel down first, followed by the rest of the foot (Cts 1&2&)

Krzesany (doubles): Takes 2 meas to execute. This step begins with L and R feet parallel and slightly apart from each other. While standing on the ball of the L ft, place the ball of the R ft across and in front of the L ft (ct1) and switch wt to the R ft. Bring the wt back to the ball of the L ft (ct&). Put R ft back to original place and transfer wt back to the R (ct 2). Switch wt back to ball of L ft (ct &) – Repeat this “Single krzesany step”, but do not bring the wt back to the L ft on the 2nd ct &, so that the double krzesany can be performed with the opp ftwk.

Side-to-side step: Takes 2 meas to execute. Start this step with both feet together and wt on L ft. With knees slightly bent place R ft approx 1 foot away from the L ft by slightly lifting foot off the floor (ct1). Bring L ft next to R ft without lifting the L foot off the floor (lightly dragging the foot) (ct &) and switching wt to the L. Repeat the movement with the R ft and then the L ft, but do not switch wt so that the step can be repeated in the opp dir with opp ftwk.

Górale sway: Takes 2 meas to execute. Facing LOD this step will move frwd in a zigzag motion. 1st meas = With wt on L ft and knees bent step onto flat R ft in the R dir shifting wt to the R, while moving frwd so that the R ft lands ahead of the L (ct 1&). While doing this the L heel will leave the floor. Bring the L ft across behind the R ft, with the wt landing on the ball of the L ft and the R ft coming off the floor ever so slightly. (ct 2&) 2nd meas = Put R ft back on the floor and lift L ft off, leaving it behind the R ft (ct 1&). Skuff (gentle hop/drag of the foot) frwd with R ft and bend L knee and bring the L ft off the floor and to your left side so that the lower leg is at a 45 degree angle to the floor. (ct 2&)The next step will move in the opp diag. frwd beg with the L ft.

Styling: Although modern the styling is still taken from the mountain regions of Poland, where the men are proud and stand tall yet the mountainous terrain often causes them to lean fwd so as to keep their balance. They also wear wide heavy leather belts that give them stiff support around their midriff. The women may be used to hard work but they are very light on their feet.

Individual: W - Hands on the hips with fingers on the small of the back and the thumb facing downward so that elbows are pointing bkwd. M – Clasp their hands behind their back.

Circle: All join hands.

Meas

Pattern

INTRODUCTION

Górale sing us into the dance – Girl will say “ Prawy do Lewego – Lewy do Prawego” – This is cue to clap

1-2-3-4 4 drum beats – Clap Hands

OPENING.

Fig III **KRZESANY (Individual holds)**

1-2 Krzesany with the R ft

3-4 Krzesany with the L ft

5-6 Side-to-side step to the R

7-8 Side-to-side step to the L

9-16 Repeat 1-8 – End facing LOD

DANCE #1

Fig I. **PROMENADE (all join hands)**

1-16 16 Promenade steps beg with R ft facing LOD

17-20 Take 4 walking steps twds the outside of the circle and then back in to starting pos in a CW motion. Beg with R ft. Raise both hands above the head

Fig II. **THE GÓRALE SWAY (individual hand pos)**

1-2 One Górale sway step twds the outside of the circle (Zig)

3-4 One Górale sway step twds the inside of the circle (Zag)

5-6 One Górale sway step twds the outside of the circle (Zig)

7-8 Turn in twds the ctr of the circle (always keeping in mind to enter at an angle – Zag) making 1 revolution using 3 steps L(ct1) – R(ct&) –L(ct2) – Hold (ct&) – Clap hands to the L of the head on this last ct&

9-16 Repeat 1-8 – End facing ctr of circle

Fig III. Same as above

DANCE #2

DANCE #3

DANCE #4

Fig I.
Fig II.

Fig I.
Fig II.

Fig I.
Fig II.

Slight variation on meas 15 and 16 – Music slows down –
Meas 15 – Lean frwd on L ft twds the ctr of the circle with arms open up wide to either side and parallel to the floor
Meas 16 – Take 6 quick small steps in a CCW revolution

Fig III.

Fig III.

1-2-3-4-
Fig II.
Fig II.

4 Drum beats – Clap hands 4 times

Same as in Dance #1,2 and 3

Same as in Dance #1,2 and 3 ----Music will fade out...