

# Warszawianka – Progressive Version (Poland)



Warszawianka (VAHR-shah-VYAHN-kah) is a couple dance from the Lachy Sącz region. This area is rich in folklore as it lies in the valley of two major rivers which were important avenues for trade with other countries. The region's folk dance has also been influenced by the folk-rich neighboring regions around the cities of Krakow, Zakopane, and Rzeszów. The dance is also found in several other regions of Poland. Warszawianka is a calm, easy dance often done by older persons. Versions choreographed for performing groups can add spins and accents. Described here is the simple, light-hearted basic dance. I first taught the non-progressive version at the 2004 Stockton Folk Dance Camp and at a workshop for the Palomanians on August 17, 2004 (Menlo Park, CA), I taught the progressive version. Both are detailed below. The dance's name literally

means "woman or girl from Warsaw," but the implied connection to Warsaw may be spurious. I have discussed the history of this name with several ethnographers and believe it may have resulted from the dance becoming popular in Austria where it was erroneously assumed to be from Warsaw. Later when the dance returned to Poland, the name based on Warsaw was simply translated back into Polish.

Music: Folk Dances from Poland, Vol. 1 Band 5 ¾ meter  
Folk Dances from Poland, Vol. 2 Band 3

Formation: Circle of cpls in Closed Ballroom pos, M facing LOD.

Steps: Step-bounce-bounce: Step to R on R ft (ct 1); bounce up and down on ball of R ft as L ft is closed to R (ct 2); bounce again rising on balls of both ft, and down (ct 3). This step can also be done starting to L.

Styling: Dancers move proudly and with erect posture, showing off the rich costumes characteristic of this region. In Fig. II, the waltz step is done singly and moves either fwd or turning. It is a flat waltz with dancers rising only slightly on balls of ft. Closed ballroom hold is done with leading arms quite straight and parallel with the floor.

	Meas	Pattern
<b>Introduction</b>	4 meas	No action
<b>Fig. I</b>		<b>STEP-BOUNCES</b>
	1 – 3	Cpls dance 3 Step-bounce-bounce steps twd ctr (M move to L, W to R).
	4	Stamp with wt (M's L, W's R)(ct 1); hold (cts 2,3).
	5 – 8	Repeat meas 1-4 with opp ftwk and moving out of circle

**Fig. II****CIRCLE WALTZ**

- 1 – 4 M join hands to form large circle outside of W. Circle L (CW) with 4 waltz steps starting with Lft. W join hands to form circle inside of M, and do 4 waltz steps to R (CCW) starting with R ft.
- 5 – 7 M drop hand holds, put thumbs in belt (or fists on hips), and with 3 waltz steps turn individually to L 1 3/4 turns while continuing to move fwd around circle; end facing approx twd ctr. W also drop hand holds, hold skirt with arms down, and like M turn individually with 3 waltz steps making 1 3/4 turns to R; end facing approx twd ctr.
- 8 M stamp R (ct 1); stamp L with wt (ct 2); hold (ct. 3). W do the same with opp ftwk.
- 9 – 12 Repeat meas 1-4 with opp ftwk (M start with R, W with L) to circle back twd original place.
- 13 – 14 With 2 waltz steps and hand holds as in meas 5-8, dance one complete turn individually, M to R, W t.o L.
- 15 With one waltz step dance directly back to face ptr, M facing LOD
- 16 M stamp L, R; W stamp R, L; and regain Closed Ballroom hold.

This pattern is done one time through and then moves to the progression version detailed below, which is repeated 3 times:

**PROGRESSIVE VERSION OF THE DANCE****Fig. I**

- 1 - 4 Instead of resuming Closed Ballroom hold as you join ptr face to face at end of Fig. II, keep hands on hips (or in belts). Both M and W dance meas 1-4 to their own R (starting with R ft) and angle slightly fwd.
- 5 - 8 Repeat meas 1-4 moving to L, starting with L ft and angling slightly fwd to meet new ptr. On meas 8, assume Closed Ballroom pos with this new ptr.
- 9 - 16 Dance meas 1-8 of non-progressive version.

**Fig. II****CIRCLE WALTZ**

This Figure is unchanged from the non-progressive version.