

Góralski

(Poland)

This is a modern dance 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 traveling 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 other part 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 dancers a taste of this special folklore.



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

Pronunciation: goh-RAHL-skee

Music: 2/4 meter

Folk Dances of Poland by Richard Schmidt, Stockton 2012, Track 5

Formation: Individuals dancing freely, hands free, facing ctr of circle.

Steps & Styling: Promenade: Step on R heel with R leg straight (ct 1); place full R ft on floor while bending R knee and lifting L off the floor slightly with bent knee and bringing L fwd parallel to R (cts &,2); continue bringing L fwd and ahead (ct &). Repeat with opp ftwk.

Krzesany: [Kjeh-SAH-nee]

- 1 Ft parallel and slightly apart. Step on ball of R in front of L (ct 1); step L ft in place (ct &); step R next to L (ct 2); step L in place (ct &).
- 2 Repeat meas 1, but do not take wt on ct & after ct 2. Wt remains on the R so the next Krzesany is done with opp ftwk and direction.

Side-to-side: This step takes 2 meas. Step R to R (ct 1); slide/drag L next to R and step on L (ct &); repeat ct 1 (ct 2); slide/drag L next to R and touch L (ct &). Repeat with opp ftwk and direction.

Górale sway: Facing CCW, move fwd in a zigzag motion.

- 1 Step R diag fwd to R (ct 1); step L behind R ft and lift R slightly (ct 2).
- 2 Step R diag fwd to R, lifting L behind R (ct 1); scuff (gentle hop/drag) fwd, bending L knee to L side so lower leg is at a 45-degree angle (ct 2).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.

Goralski — continued

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
4 meas	<u>INTRODUCTION.</u> First listen to the górale sing. Then the girls will say "Prawy do Lewego - Lewy do Prawego." This is the cue to clap along with the four drum beats.	
	I. <u>FIGURE I.</u> Women's hands on hips with fingers on the small of the back and the thumb facing downward so elbows are pointing bkwd. M clasp hands behind back.	
1-2	Krzesany with R.	
3-4	Krzesany with L.	
5-6	Side-to-side to R in a shallow curve.	
7-8	Side-to-side to L in a shallow curve.	
9-16	Repeat meas 1-8.	
	II. <u>PROMENADE.</u> Hands joined in V-pos.	
1-16	Facing CCW, 16 Promenade steps beg with R.	
17-20	Four Walking steps making an individual CW circle away from ctr and back to the starting pos in the circle. Raise both hands above the head.	
	III. <u>GÓRALE SWAY.</u> Hands as in Fig I.	
1-2	One Górale Sway diag R (away from ctr).	
3-4	One Górale Sway diag L (twd ctr).	
5-6	Repeat meas 1-2.	
7-8	Full turn L using three steps (L, R, L) (cts 1-3). Clap hands to L of the head (ct &).	
9-16	Repeat meas 1-8. End facing ctr of circle.	

Presented by Richard Schmidt