

BESEDA

IMPERIAL BESEDA

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(Czechoslovakian)

- SOURCE:** Mrs. Otilie Prince Czak Sokol Gynastic Association of Los Angeles.
- MUSIC:** Record: IMPERIAL #1088 (two sides)
- FORMATION:** Four cpls in longways pos, numbered from the top; One four, three two. Ptrs facing with hands joined.

PATTERN

- Meas 1-4** **PART I:**
INTRODUCTION: Stand in pos described above.
FIG. I. POLONEZA (Czech)
- 1 Point R ft across in front of L (ct 1), point to R side (ct 2), bring ft tog (without putting wt on R ft)(ct 3).
- 2 Change places with three steps (R,L,R) and moving CW.
- 3-4 Repeat Meas 1-2, starting with L ft.
- 5-8 Repeat Meas 1-4.
- 9 Place hands on hips, balance step to own R, step R to R (ct 1), close L and rise on toes (ct 2), sink to heels (ct 3).
- 10-12 Repeat Meas 9 three times.
- 13-16 Repeat Meas 9-12 moving to own L.
- 17 Waltz balance to the R (step R to R, step L behind R, step R in place).
- 18 Waltz balance to the L.
- 19 Point R ft across in front of L (ct 1), point to the side (ct 2), close (ct 3). See Meas 1 above.
- 20 Waltz balance to the R or step R and close L to R.
- 21-24 Repeat Meas 17-20, starting with the L ft.
- 1-16 **SOUSEDKA (Czech):** Waltz (social dance pos) around to finish in square formation (#2 cpl to R of #1, #4 to L of #1) - 16 waltz steps.
- II: POLKA-PELKA VDOLKY (Czech)** Ptrs side by side, W's R arm around W's waist & W's L hand on M's sho, facing CW.
- 1 Starting with R ft, point toe diag fwd, draw back to other ft.

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- 2 One polka step fwd.
- 3-4 Repeat Meas 1-2, starting with the L ft.
- 5-8 Repeat Meas 1-4, (cover 1/2 distance around circle).
- 9-12 W takes 4 polka steps circling N CCW. M takes 4 polka steps in place.
- 13-16 Repeat Meas 1-4 (3/4 around circle).
- 17-20 Repeat Meas 9-12.
- 21-24 Repeat Meas 1-4, back to orig places.

III. BAJERAN (Slovak) All hands joined in a single circle, move CW.

- 1-2 2 polka steps to the L, starting with the L ft.
- 3-4 W crosses in front of N moving to his L with 2 polka steps.
- 5-8 All join hands again and repeat Meas 1-4.
- 9-14 All join hands and take 12 skips around circle to L.
- 15-20 Face new ptr and do grand R and L with 12 skipping steps; halfway around the circle; M ends at orig place with opp W.
- 1-20 Repeat Meas 1-20, returning to orig ptrs.

IV: ODZEMOK (Carpathian-Russian) Ptrs facing in a single circle; W's hands on hips, M's arms folded across chest. All honor on Intro.

- 1-2 W takes 2 polka steps bkwd, starting L ft. M jumps to squat pos and immediately comes to upright pos with wt on L ft, 1 polka fwd.
- 3-4 W takes 2 polkas turning CW while moving CCW. M takes 2 more polkas following W, both moving 1/4 around circle.
- 5-16 Repeat Meas 1-4 three more times, returning to orig pos in square.
- 1-16 Repeat all (move around circle twice in all).

PART II:

- 1-2 INTRODUCTION: Stand in position described above.

V. CERVENY SATECKU (Moravian) Ptrs side by side, facing in, inside hands joined. Music is 3/4 time.

- 3-6 Join hands with other cpls and do 4 waltz balances in and out of circle, swinging hands in and out with each step.

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- 7-8 Holding ptr's hand only, take two waltz steps moving away from ctr of circle, back-to-back & face-to-face. Start outside foot.
- 9-10 Start with outside ft, two waltz steps twd ctr of circle, swinging inside hands fwd in a back to back pos, then face-to-face.
- 11-16 Repeat Meas 3-8. On last meas ptrs move side-by-side facing CCW in circle.
- 17 Ptrs in skating pos, waltz balance to L.
- 18 Waltz balance to R.
- 19 W does a leap turn (tour jete) in front of M & across to L.
- 20 Balance to L.
- 21-24 Repeat Meas 17-20, starting to R & W returning to place.
- 25-32 Repeat Meas 17-24, Starting to R & M does leap turn to R & to L.
- 2/4 VI. TANCUJ, TANCUJ (Slovak) Ptrs facing in single circle, R hands joined & held high, L hands on hips.
- 1-12 M does 12 polka steps moving fwd, starting with L ft. W does same, starting R ft, moving bkwd, turning sl side-to-side.
- 13-14 4 short leaping steps, both hands joined (M fwd, W bkwd).
- 15-16 3 stamps in original place.
- 17-24 1st and 3rd cpls take sho-waist pos, polka into each other's place and back, turning CW and traveling CCW around each other with 8 polka steps. 2nd and 4th cpls swing hands in place, fwd and back.
- 25-32 All cpls dance in place turning CW with 8 polka steps.
- VII: POLKA-TRAVA NEROSTE (Moravian) Ptrs in social dance pos, facing in. Cpls #1 & #3 make 1/2 turn R; cpls #2 & #4 make 1/2 turn L and start on outside feet.
- 1 M's part: Step fwd L (ct 1), close R (ct &), step fwd L (ct 2).
- 2 Step fwd R (ct 1), stamp fwd L (ct 2).
- 3 Step bkwd R (ct 1), close L (ct &), step bkwd R (ct 2).
- 4 Step bkwd L (ct 1), step bkwd R (ct 2), returning to place.

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- 5-8 Repeat Meas 1-4 in opp dir, so that #1 & #4 & #2 & #3 face.
- 9-12 Face ptr, clap hands & hook R elbows, L hands on hips, & run around once CW with 8 steps.
- 13-16 Clap hands, hook L elbows & run around with 8 steps CCW.
- 17 All join hands in a single circle, step R ft in front of L, bending knees (ct 1), step L ft to L (ct 2).
- 18-19 Repeat Meas 17 twice, moving to L.
- 20 Step R ft in front of L (ct 1), swing L ft around in front ready to move in opp dir (ct 2).
- 21-24 Repeat Meas 17-20, stepping across with the L ft & moving to the R.
- 25-40 Repeat Meas 1-16 as above.

VIII. TANCUJ, TANCUJ (Slovak)

- 1-32 Repeat TANCUJ, TANCUJ as described above, except in Meas. 17-24, the 2nd and 4th cpls polka across, while #1 & #3 remain in place.
- 33-64 All polka freely around the room until the end of the music; M lifts W into the air.

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