



STATEWIDE 1980



INSTITUTE



Fresno, Calif.

FOLK DANCE FEDERATION OF CALIFORNIA, INC.

presents

A TEACHERS' AND DANCERS' INSTITUTE

DATE: Saturday, May 24, 1980
LOCATION: Convention Center Arena
Fresno, California
TIME: Registration 1:00 P.M.
Instruction 1:30 P.M.

EUGENE CIEJKA "FURMAN" (cpl)
Polish Krakowiak

SKOCZEK
Polish Polka (prog.)

JOHN & JENNIFER
KELLY DAVY NICK NACK (cpl-set)
Scotland - Reel-Hornpipe

DEAN LINSCOTT SZANYI KORVERBUNK (men)
Hungary

NANCY LINSCOTT MINDRELE (women)
Romanian

FEDERATION INSTITUTE COMMITTEE

Chairman Dorothy Henney, Hank Shonerd
Camille Soprano
Bill Clark
Vernon Kirk
Co-ordinator Frank Bacher

Educational Instruction Material

Cost - \$4.00

"FURMAN"

POLISH KRAKOWIAK

Pronunciation: FOOR MON

Music: Bruno recording 50071 Side A, Band 3.

Formation: Couples in circle, men on the inside. Couples facing each other with mans back to center of circle. Mans right hand on womans waist. Womans left hand on mans shoulder. Free hands are on the waist with a loose fist.

Time: 2/4

Measures:

STEP DESCRIPTION

1-4 Introduction

1-8 Slide step variation.

This step moves forward slowly and easily. With wt. on the forward foot, mans left and womans right. Ct. 1 drop onto the back ft. while moving the front foot forward and up, slightly, with a bend at the knee. Ct. 2, step onto fwd. ft. with straight leg while bringing the trailing foot to the leading ft. Repeat 15 more times for a total of 16. Meas 5-8 the free hands come up passing between the partners until they are extended overhead on a diagonal forward with a bent elbow. Finish with wt. on the forward ft.

9-12 Cripple step.

Couples open up so both face front joined together. Ct.s 1-2, step on inside ft. Mans rt., Ladies left. and take a slight hop. Ct. 3 land on inside ft. Ct. 4. step on outside ft. Mans left and ladies rt. Repeat three more time for a total of four times. On last meas man finishes with back to center and lady facing him. Couples drop hand holds.

13-20 Box step

Both people moving to their own rt. Ct. 1., slight hop on left ft. with a click of the rt. heel to the left heel. Ct. 2 land on the left foot. repeat for

Cts. 3 & 4. Meas 2., Cts 1-3 stamp lightly R.L.R.Ct. 4 Hld. while turning 1/4 turn C.W. Ladies hands stay as they were in fig. 1. Mans hands reverse with left hand on waist and right hand extended. Each time 1/4 turn is executed the hand position reverse for men and women. Repeat this step 3 more times for a total of 4 times. Reverse the ftwk. and arms. The 1/4 turn is always done in C.W. direction. Finish facing partner, close to ptr.

21-24

Cripple step

Repeat fig. 2. (On last meas do not take wt. on mans left foot and womans rt. foot.)

1-8

Balance - click step.

Man stepping L.R.L. and woman stepping R.L.R. Holding inside hands man and woman balance away from each other. Cts. 1-3. Hold ct. 4.

Repeat balancing toward partner with opp. ftwk.

Outside hand moves out and in with music from the shoulder tracing an arc in the air.

Stepping forward on a slight diagonal away from ptr.

Cts. 1-2 man pivots on L. ft. Ct. 3. step on Rt. ft. next to left foot completing one rev. Ct. 4 hold. Hands are free and low. Woman uses opp. ftwk.

Meas. 4. Cts. 1-3 Man stamps lightly L.R.L. and holds Ct. 4. Woman uses opp. ft. work. Ptnrs. clasp inside hands at this time.

Meas. 5-6 Leaning slightly fwd. and extending mans rt. leg and ft. to rear. Woman extends left leg and ft. to rear. Cts. 1-2 hop on left and click to rt. ft. landing on left ft. Cts. 3-4 Man steps R.L. in place. Woman use opp. ftwk/

Meas 7-8. Turning inward (Man C.W. lady C.C.W.) Step on mans Rt. and turn for Cts. 1-2. Step on left next to rt. completing 1 rev. Hold ct. 4 Stamp lightly R.L.R. in place for Cts. 1-3. Hold Ct. 4. Woman use opp. ftwk.

Meas.

STEP DESCRIPTION

9-16 Repeat last fig. 1 more time.
Adjust last turn so man ends with his back to center.
E|Woman ends facing man. Both have hand on hips.

1-8

Polka step seperation

Man starts stepping on left and woman steps on Rt.
Backing away from partner both step on alternate ft.
for three cts. in each meas. and hold the 4th ct.
(This translates to a basic german three step polka)
Repeat this step three times alternating ftwk.
Meas. 4. Ct. 1 man steps on R, while picking left up
with bend of knee. Then stepping on L for Ct. 2 and
lifting rt. foot up with bend of knee. Ct. 3. repeat
ct. 1. Hold ct. 4. Woman uses opp. ftwk.
Repeat this step for meas. 5-7 toward partner alt.
ftwk. Meas. Ct. 1-2 Both man and woman jump in air and
come down on both feet slightly to the right close to
ptnr. The repeat for Cts. 3-4 slightly to left of and
close to ptnr.

9-16 Repeat one more time.

1-8

Polka with lift.

Using three step polka. Man starts on left, lady on rt.
Lady and man join and traveling in L.O.D. with mans Rt.
hand on ladys waist, Ladys left hand is on mans rt. shldr.
Free hand are on the waist with loose fist.
Meas 1-2, two polkas in L.O.D. Meas 3, Ct. 1. Man turns
to woman while woman preps. Man puts both hands on womans
waist, lady places both hands on mans shoulders.
Cts. 2-3 man holding woman up turns 1/2 turn to left.
Meas. 4. Ct. 1. Man places woman on floor on outside of
circle. Ct. 2 Knees bend to take impact. Ct. 3. both
straighten up while hands remain where they are. Each is
now standing slightly to the partners rt. Ct. 4. Hold.
Meas 5-8. In above position execute 4 cripple steps as
described under cripple step. Turning C.W. At end of last
cripple step open to face L.O.D. Both step on Rt. for

Meas.

STEP DESCRIPTION

cripple step. Man does not step on L. ft. for ct. 3 of last cripple step.

9-16

Repeat above step one more time. This time there isn't any fudge for man. Both man and woman end step on left ft. Man finishes last cripple on inside of the circle. During last cripple open up slightly. Change hand pos. to a normal hand hold and extend arms to the sides.

1-16

Brush and click step

Standing on left foot. Cts. 1-2 Brush right foot to rt. on a diagonal. Cts. 3-4 brush right foot and leg back on diagonal in front of left leg bending rt. leg at knee. Meas. 2. Cts. 1-3 Stamp lightly in place R.L.R. Ct. 4. Hold. Meas. 3-4 Repeat step to opposite side using opp. ftwk. Meas. 5-6 Execute 2 click steps moving C.C.W. together, $1/2$ rev. placing man on the outside of the circle. Stamp lightly in place R,L.R. holding ct. 4. Meas. 7&8 Repeat in opposite direction using opp. ftwk.

Repeat entire step one more time.

Woman does not take wt. on rt. foot at end of this figure.

Repeat entire dance one more time.

"SKOCZEK"
(Sskor check)
Polish Polka

Music: Bruno recording 50150 - Side A, band 2

Formation: Couples in circle, men on inside, all facing LOD holding inside hands, free hands down, free, at side.

Time: 2/4

Step Description

Walking Step

Done in an almost flat footed manner, Erect but loose body with free arm and hand swinging naturally at side, Girls exaggerate the step and display a saucy manner. Each step is done with a bend of the knee of the supporting leg. The step is short - approx. the length of the foot. Eye contact is maintained during the step. Step desc. is for men and women use opp. ft. Lift the L. leg and move it forward, Ct. 1; Step on L. and bend both knees slightly, Ct. 2; Repeat move with Opp. Ft. Cts. 3-4.

Polka Step

Step desc. if for men, women use Opp. Ft. Start with Wt. on Rt. Ft. and both Ft. on floor. Hop on Rt. Ft. and raise the L. Ft. with bend at knee. Hop is very slight so that you return to the floor on Rt. Ft. on, Ct. 1; Allow the knee of the right foot to bend so that the left foot touches the floor with the ball of Ft., Ct. 2; Hop on the Rt. foot while raising the left Ft. slightly so it remains clear of the floor, Ct. 3. Take small leap onto the L. Ft. with a bend of the both knees. All the above is done with the feet directly under the body. All steps are done close to the floor. All movement is absorbed into the lower half of the body thru the knees and ankles and thighs. Footwork alternates from meas. to meas. for men and women. The above desc. would fit the womans second meas. in a standard polka.

Stamping Step

Partners facing and holding hands. Step desc. for men women use Opp. Ft. Lift L. Ft. while joined hands move to mans L in downward arc, Ct. 1; Stamp L. ft. while joined hands swing upward to shoulder hgt. on mans left. Ct. 2.; Hop on L. foot while raising R. Ft. and moving joined hands downward in arc to mans Rt., Ct. 3; Stamp Rt. Ft. and continue to swing hands in arc to mans Rt. Ct. 4; Hop on Rt. Ft. while raising L. Ft. off floor and swinging arms to Rt. to shldr. ht. Ct. 1 of Meas. 2. Breaking hand hold take three walking steps with man stepping L.R.L. Cts. 2-4.

Pivot Step

Man has wt. on L. Ft. Man steps on Rt. and lifts L. Ft., Cts. 1-2. Man steps on L. Ft. while lifting Rt. ft. Cts. 3-4. Man stamps R.L.R. Cts. 1-3; Man lifts L. foot Ct. 4. Repeat of this step is done on Opp. Ft. This step is done in shoulder waist hold, with deep knee bend, carriage erect and partners pulling back and away from each other.

"Skoczek" (Continued)

2.

Meas: Dance Description Phrasing 8, 14, 14, 8, 8.

1. No introduction use one meas. as such.

Fig. 1

2-8 Execute 14 complete walking steps in L.O.D.

Fig. 2

1 Move free hand to hip with closed hand knuckles to hip. Execute one polka var. turning away from partner without pulling.

2. Step desc. for men, women use Opp. Ft. Step diag. fwd. on L. Ft. away from ptrn. Heel hits floor on Ct. 1, ball of Ft. hits floor on while lifting the R. foot with bend of R. knee. Ct. 2, Move R. leg fwd. Ct. 3, Drop onto left ft. with stamp while picking up Rt. foot and leg sharply behind so that shin is almost parallel to floor, Ct. 4.

3-4 Repeat meas. 1-2 while turning towards ptrn. Free hand comes off the hip extending itself in L.O.D. with curved effect at about shldr. ht., and almost touching ptrns. hand with the palm turned in. The upper body is bent at waist and the shldrs. rounded.

5-14 Repeat meas 1-2 in alt. directions 5 more times.
Finish facing away from ptrn. on diag. Mans wt. on L. ft.

Fig. 3

1-14 Pivot Step. Swinging around in front of woman to shldr, waist position both execute 7 complete pivot steps. Man places himself inside circle for 1st. stamps and outside for second set of stamps. Then alternates for each set finishing meas. 14 with man to inside of circle. Mans wt. on Rt., womens on L.

Fig. 4

1-2 Walking step Using same Ct. as in previous walk but without the knee flex. Everyone walks to own L. moving inside of circle from outside and vice versa. Pass one person with left shldr. Both hands on hips in same manner as before. In effect you are exchanging positions with the person of the opp. sex on your left. Man steps L.R.L.R., Woman steps L.R.L.R. Cts. 1-8. Finish with left shoulder adjacent to new partner.

3. Execute one polka step trng. C.C.W. 1-1/4 turns to face ptrn.

4. Facing ptrn. with bend of upper body man lifts Rt. Ft. Ct. 1, and stamps R.L.R. Cts. 2,3,4. Extend arms sharply towards ptrn. to natural hand hold.

5-8 Execute stamping step as noted above. Finish with man on outside of circle and Wt. on Rt. Ft. Womans Wt. on L. Ft.

1-8 Repeat meas. 1-8 as above moving to own R, Passing Rt. shldrs. with other person with men moving to the inside of circle and women moving to outside of circle.

"Skoczek"

3.

53-104 Repeat entire dance once more thru with new prtnr.

Presented by Eugene Ciejka
Statewide Fresno, CA May 24, 1980

DAVY NICK NACK
(SCOTLAND)

Record: Angus Mackinnon and the Scots Canadians AJM 001
Side A/4

Formation: 4 cpls in longways formation. Skip change of step unless
otherwise indicated.

Bars

- 1-4 First, second and third couples cross over giving right hands to finish a little in front of the opposite sideline, and set.
- 5-8 Repeat back to own sides.
- 9-16 First couple turn $1\frac{1}{2}$ times with right hand, cast off one place on the opposite side, come back into the middle and turn partner left hand $\frac{3}{4}$ to finish facing first corners.
- 17-18 First couple turn corners right hand to change places. Corners finish back to back in the middle facing the first couple.
- 19-20 Set to first corners.
- 21-24 First couple turn corners back to place with the right hand, and turn each other left hand to face second corners. ($1\frac{1}{4}$ turn)
- 25-28 Do bars 17-20 with second corners.
- 29-32 First couple turn second corners back to place with the right hand and turn each other briefly with the left hand into second place on their own side.

Repeat having passed a couple

Presented by John & Jennifer Kelly
Fresno, CA Statewide Institute
May 24, 1980

SZANYI KÖRVERBUNK
(Hungary)

The Szanyi Körverbunk is a men's circle verbunk (recruiting) dance from the village of Szanyi, in the western part of Rábaköz and of Hungary as well.

The changes of figure are called by the "hej-legendy," who shouts "hej!" before a new step is to be done. The sequence is predetermined, but not the number of times a given step is done. (For the purpose of learning the dance, however, each step is described below as having a fixed number of repetitions.)

The set structure does not mean that the dance is the same in all the villages of the region. It is practiced in small groups, village by village, or even in "lads' groups" within a village. Each group strives for individuality in the figures and sequence of their dance.

The learning of the verbunk played a very important role in the dance life of Rábaköz. Practice during the months preceding the yearly patronal festival of a certain village was taken very seriously. Then the performance of the verbunk took place at the fair during the festival, for the enjoyment and judgment of the crowd. Any dancer making a mistake had to pay a penalty afterwards.

RECORD: "Folk Dances and Folk Music of Hungary," Folkraft LP-40
Side A/1.

FORMATION: M individually in a circle (or line), facing ctr. Stand a little closer than normal (dancers will start dance by backing away into proper places).

RHYTHM: 4/4. 3 meas introduction, but see note below.

STEPS: Bemérés (Measuring-in): (2 meas) Start with ft together, knees bent. Straighten knees and extend arms straight fwd, palms more or less facing, R hand slightly higher (ct 1); bend knees and elbows, bringing hands closer to body but still around chest level (ct 2); straighten knees and clap hands in front (ct. 3); bend knees again (ct. 4). Straighten knees and clap hands in front (ct 1); bend knees and clap hands in front (ct 2); straighten knees and clap in front (ct 3); bend knees (ct 4). Every fig of the dance will be introduced by this "Measuring-in" step.

MUSIC 4/4

PATTERN

Measures

1-3 INTRODUCTION

After some words of greeting, a 3-meas musical introduction is heard. Stand in place for the first two meas. On meas 3: Run bkwd 3 steps R,L,R to form a larger circle (cts 1,2,3); click L to R (ct 4); with ft together, bend knees (ct 2).

Measures

I. BÓKAZÓ-FORDULÁSSAL (Click with turn)

- 1-2 Do one Measuring-in step.
 3 L fist on waist, R hand above head level.
 In place, turn $\frac{1}{4}$ CW with 2 steps L,R (cts 1,2); close L to R with a small heel click (ct 3); hold (ct 4). End facing $\frac{1}{4}$ to the R.
 4 Repeat meas 3 with opp ftwk and direction (but hands remain in same pos as before). End facing ctr.
 5-8 Repeat meas 3-4 twice (3 times in all)
 9-16 Repeat meas 1-8 with opp ftwk, handwork and direction.

II. BERUGÓS (Kick in)

- 1-2 Do one Measuring-in step. On ct 4, meas 2, step heavily onto L ft in place, raising R lower leg diag bkwd R.
 3 Hop on L in place, kicking R leg fwd across in front of L, straightening knee (ct 1); leap onto R sdwd to R, kicking L lower leg to L, L knee bent and turned in (ct 2); click L to R (ct 3); bend knees (ct 4).
 4-9 Repeat meas 1-3 twice.
 10-18 Repeat meas 1-9 with opp ftwk and direction.

III CSAPOS (Slap)

- 1-2 Do one Measuring-in step.
 3 Hop on L in place, while slapping inner side of R boot top with R hand, in front (ct 1); leap onto R sdwd to R, kicking L lower leg to L, knee bent and turned in (ct 2); click L to R (ct 3); bend knees (ct 4).
 4-9 Repeat meas 1-3 twice.
 10-18 Repeat meas 1-9 with opp ftwk, handwork and direction.

IV HOSSZÚ FUTÓ (Long running)

- 1-2 Do one Measuring-in step.
 3 Straighten knees while extending R arm up and snapping fingers (ct 1); bend knees and bring arm down (ct 2); straighten knees while extending L arm up and snapping fingers (ct 3); bend knees again (ct 4).
 4 Do a small hop on R, raising L leg in front, knee bent, and slapping inner side of L boot top with L hand (ct 1); step on L in place, with accent (ct 2); do a small hop on L, raising R leg in front, knee bent, and slapping inner side of R boot top with R hand (ct 3); turning to face diag R, run fwd on R in LOD (ct 4).
 5 Continuing in LOD, run fwd on L (ct 1); step on R in LOD, turning to face ctr and swinging L leg out to side (ct 2); click L to R (ct 3); with ft together and parallel, bend knees (ct 4).
 6-20 Repeat meas 1-5 three more times (4 in all).

Repeat dance from beg, without the introduction.

Note: The dance fig's do not follow the musical phrase.

If the above sequence is followed, the claps and shouts of "hej" will not correspond to those heard on the record.

For this version of the dance, the call "hej" will come on the first ct of the Measuring-in step of a new fig or new direction except during the fig with the $\frac{1}{4}$ turns (fig I). Here, a call is needed to signal the end of the $\frac{1}{4}$ turns, so the call is made on ct 1 of the last $\frac{1}{4}$ turn; then, since this signals the start of a new fig or direction as well, it is not necessary to make the call again on the following Measuring-in step. Also, during the introduction, the call is made on ct 4, meas 2, to start the dance.

Presented by Dean Linscott
Statewide Fresno, CA May 24, 1980

^
MINDRELE

(Mun drel ay)

Origin: Mindrele is a Hora type which means pretty girls and comes from the village Obirgia (oh bur she uh) Dolj, Oltenia. It is a dance for "older" women and originally had a ceremonial function.

Record: HAI LA JOC Noroc Vol I side B band 9

Music: 6/8 counted JJ=slow (S)
J=quick (Q)
JJJ=slower (S.)

Formation: Open or closed circle of women

Position: hands held in "W"

Measure	Pattern
8 meas.	Introduction
A 1	Facing slightly to rt and moving rt, step R (S), close L (Q), step R (S.)
2	Repeat meas 1, with opp ftwk
3	Step R, while turning CCW approx 180° to face RLOD (S.), step backward L (S), step R (Q)
4	Step L (S), step R (Q), step L, turning CW 90° to face center (S.)
5	In place sway to rt, stepping R (S.), sway to left, stepping L (S), step R across in front (Q)
6	Step sideways L (S), step R across in back (Q), step sideways L (S.)
7-12	Repeat meas 1-6
B 1	Plié on weighted lft ft, while raising rt leg across in front of lft (S.), with rt hip leading backwards in LOD step R (S), step L (Q)
2	Continuing to move LOD, step RLR (S,Q,S.)
3-4	Repeat 1-2, with opp ftwk and direction
5-6	Grapevine in RLOD, step across in front (S.), step sideways L (S.), step across in back (S.), step sideways L (S.)
7	Swaying to rt, step R (S), step L, near R heel (Q), step R across in front, beginning to move RLOD (S), step L (Q)
8	Continue grapevine stepping R across in back (S), step L (Q), step R across in front (S.)
9-16	Repeat meas 1-8 with opp ftwk and direction
C 1-2	Moving toward center, walk in an elegant manner stepping R (S.), L (S.), R (S.), L (Q), R (S.)
3	Standing in place touch L across in front (S.), touch L, Ride lft (S.)
4	Touch L across in front (S.), moving backward step L (S), step R (Q)
5	Step backward L (S.) and touch R across in front (S.)
6	Step backward R (S), step L (Q), step R (S.)
7	With slight lift on R (rt - leg) (Q), step sideways L (S), step R across in front (Q), step L (S)
8	Repeat meas 7 with opp ftwk
9-16	Repeat meas 1-8 with opp ftwk

Repeat dance from the beginning.