

# Polonez Royale

National Dance of Poland

The Polonez (poh-LOH-nez) is the oldest of Poland's five national dances, finding its musical roots in old church hymns and Christmas carols, if not earlier. The name is derived from the French who named it "La danse polonaise" which translates to "The Polish dance." The dance, as well as the name became popular in royal courts across Europe including its native Poland where they too adopted the name, and called it "Polonez." Prior to being elevated to this regal status, the Polonez had many different forms and names and was danced by peasants in every part of the country. Variations of the dance such as the "chodzony" can be found in regional dances. The "Polonez Royale" was choreographed by Richard Schmidt in 2004.

**Translation:** The Royal Polish dance

**Pronunciation:** poh-LOH-nez

**Choreographer:** Richard Schmidt

**Formation:** Closed circle of couples with M on W's L; all dancers face ctr of circle; partners hold inside hands, M's palm up, W's palm down, at a height slightly lower than the W's shoulder; M's L hand on hip, fingers fwd, W's R hand holds skirt

**Style:** The Polonez should be danced with elegance and grace. Dancers stand tall and proud. Partners acknowledge each other and other dancers at all possible times with a nod, slight bow, smile, or eye contact.

**Meter:** 3/4

**Walking Step:** (starting R) With wt on L, bend L knee and extend R ft fwd (&), step fwd on ball of R ft (1), step fwd on ball of L ft (2); step fwd on ball of R ft (3). Starting on L uses opp ftwk.

**Short Bow:** Step on R to R (1), step L beside R (2), M nod head, W bend knees (3); can also start L

## Meas **Introduction**

- 1-2 Wait facing ctr of circle
- 3 With hands held, turn to face partner
- 4 Long bow: M nod head, W bend knees
- 5-6 Turn back to face ctr of circle

## Meas **Figure 1** (Opening)

- 1-2 Starting with outside ft (M L, W R) take 2 Walking Steps to ctr of circle
- 3-4 Make ½ turn twd ptr, switch hands, and take 2 Walking Steps fwd to starting position
- 5 Make ½ turn twd ptr, switch hands, and take 1 Walking Step twds ctr of circle
- 6 Take 1 Walking Step bkwd to starting position
- 7-8 Join both hands with ptr, elbows up and slightly bent, and turn CW with 2 Walking Steps
- 9-10 M repeat meas 1- 2, while W take 2 Walking Steps bkwd out of the circle using small steps
- 11 M repeat meas 3, while W take 1 Walking Step twd ptr
- 12 Moving twd ptr, do Short Bow on count 3
- 13 M facing out, W facing in, each take 1 Walking Step to R, starting R
- 14 Repeat meas 13 with opp ftwk and direction
- 15 Join both hands with ptr, elbows up and slightly bent, turn CW with Walking Step starting R
- 16 Do Walking Step starting L; ending depends on the figure that follows Figure 1

## Meas **Figure 2** (Lead Around)

- Fig 1 ends by opening to face ctr of circle
- 1-3 With inside hands joined, M stands for 3 meas facing ctr of circle while W does 3 Walking Steps, starting R ft, around him CCW to end on outside of circle behind M. M follows W with his eyes.
- 4 Releasing hands, M turns ¼ CW (to R) to end facing LOD, while W turns 1 revolution CCW (to L) in place with 1 Walking Step. Rejoin hands.

- Meas **Figure 3** (Men Crossover)  
 Fig 1 ends with couples facing LOD
- 1-2 Moving LOD, starting with outside ft (M L, W R) take 2 Walking Steps
  - 3 Raising joined hands, M crosses in front of W under joined hands in 1 Walking Step
  - 4-6 Take 3 Walking Steps fwd not changing hands
  - 7 Raising joined hands, M crosses in front of W under joined hands in 1 Walking Step turning to face ptr at end (M faces out, W faces in)
  - 8 Short Bow in RLOD (M's R, W's L).
  - 9 M hands on hips, W holding skirt, switch places with ptr in 1 Walking Step starting R, crossing back-to-back with R shldr leading
  - 10 Turn R to face ptr in 1 Walking Step in place
  - 11 Switch places with ptr with 1 Walking Step, crossing back-to-back with L shldr leading, and turning L to to rejoin inside hands
  - 12 Take 1 Walking Step bkwd to form a circle with all couples facing ctr

- Meas **Figure 4** (Promenade)  
 Fig 1 ends with couples facing each other with M's back to ctr of circle; Drop hands, M hands on hips, W holding skirt
- 1-3 Each dancer take 3 Walking Steps sideways to L, starting L (M travel CCW, W travel CW)
  - 4 Making ½ turn L (CCW) in place, step R (1), step L (2), hold (3)
  - 5-7 Repeat meas 1-3 with opp ftwk and direction
  - 8 With 1 Walking Step, do ¾ turn R (CW) in place to end facing partner with M's back to ctr
  - 9-12 Join hands with ptr, turn 2 revolutions CCW using 4 Walking Steps to end with M's back to ctr
  - 13-16 Release W R and M L hands, and W leads twds LOD with 4 Walking Steps to form one large circle in which all dancers face ctr and join hands
  - 17 Releasing hands, W turn ½ to R (CW) to face outside the circle in 1 Walking Step, and rejoin hands (W's R to M's R, W's L to M's L) while M takes 1 Walking Step in LOD
  - 18-20 Take 3 Walking Steps in LOD with W leading
  - 21 Releasing hands, M take 1 Walking Step to ctr of circle, while W take 1 Walking Step fwd away from ctr of circle
  - 22 Taking 1 Walking Step, both M and W turn 1/2 to R (CW) to face ptr
  - 23 Take 1 Walking Step twds ptr
  - 24 Moving twd ptr, do Short Bow on count 3

- Meas **Ending** (Long Bow)  
 Fig 1 ends with couples facing each other with M's back to ctr of circle; Drop hands, M hands on hips, W holding skirt
- 1 Complete turn to L (CCW) with 1 Walking Step starting L, ending in place
  - 2 Long bow: M nod head, W bend knees

## Sequence

Figure 3 followed by Figure 1 can be considered the main body of the dance

1. Introduction – Long bow
2. Fig 1 – cpls end facing ctr of circle
3. Fig 2 – short transition
4. Fig 3
5. Fig 1 – cpls end facing LOD
6. Fig 3
7. Fig 1 – cpls end facing each other; M's back to ctr
8. Fig 4 – long transition
9. Fig 3
10. Fig 1 – cpls end facing each other; M's back to ctr
11. Ending – Long bow