

## Sarna from Żywiec

Beskid Mountains

A mountain dance being kept alive by a whole new generation of Poles. As the first line indicates "Hej przez żywiecki pola leci sarna" – "Hey through the fields of Żywiec, the deer are running", the dance mimics the movements of a deer running across the field.

**Translation:** roe-deer

**Pronunciation:** SAR-na

**Choreographer:** Richard Schmidt

**Formation:** Circle of individual dancers facing LOD

**Style:** Dancers are light on their feet. Hands on hips with fingers together at front and thumb bkwns

**Meter:** 2/4

**Running step:** (Starting R) With wt on toes of L ft, keeping feet close to the ground, leap fwd onto R ft (1), step fwd on L ft (&), step fwd on R ft (2). Can be done starting L with opp ftwk. Can be done either fwd or bkwd.

**Trotting step:** Imitates trotting like a horse. Leap fwd onto R ft while lifting L knee up & pointing toes of L foot twds the floor (1), repeat with opp ftwk (2)

**Walking step:** (4 meas) Start facing ctr with feet together, turn ¼ CW (to R), step fwd on R (1), step fwd on L (2), step fwd on R turning ¼ CCW so R toes face ctr of circle (1), turn ¼ CCW, touch L beside R to end facing L of ctr (2). Repeat to L with opp ftwk to end facing ctr of circle

**Jumping step:** (4 meas) Keeping feet together, jump to R (1,2), jump to L (1,2), jump to R (1), jump to L (2), jump in place (1), high jump straight up with knees bent back (2) land back in place (&)

**No Introduction:** Dancers in one large circle facing LOD with hands on hips, feet together, and wt on L ft

Meas **Figure 1** (The Running Figure)

1-4 Starting with R ft, take 4 Running steps fwd

5-8 Starting with R ft, take 8 Trotting steps CW out of the circle to end facing ctr of circle (3/4 turn)

Meas **Figure 2** (The Zigzag Figure)

1-4 Walking step to R and L

5-8 Jumping step in place

9-12 Walking step to R and L

13-14 Jump to R (1,2), jump to L (1,2)

15-16 Take 2 Running steps twds ctr, extending arms out to end in basket hold with L over R

Meas **Figure 3** (The Basket Figure)

1 Step R across L (1), step L to L (2)

2-8 Repeat meas 1 seven more times (8 times total)

9 Step R across L (1), hop on R (&), step L to L (2)

10-16 Repeat meas 9 seven more times (8 times total)

Meas **Figure 4** (The Expansion Figure)

1-4 Still in basket hold, do Walking step to R and L

5-6 Take 2 Running steps bkwns to expand circle and put hands back on hips

7-8 Turn 1¼ CW with 2 Running steps to end facing LOD. At end of dance, do only a full turn CW with 1 Running step to end facing ctr, followed by 3 stomping steps R, L, R in place

Repeat dance two more times. (3 times total)

Hej przez żywiecki pola leci sarna  
Hej nóskami przebiero boby zarła  
Jo by tes tak przebierała kiebyk taki nórki miała  
Hej jak ta sarna jak ta saran

Hej przez żywiecki pola leci zając  
Hej wesoło łogonkiem pomyrdając+

Jo by tes tak pomyrdała kiebyk taki łogon miała  
Hej jak tyn zając jak tyn zając

Hej przez żywiecki pola leci sarna  
Hej dumno swej urody łeb zadarła  
Jo by tes tak zadzierała kiebyk tej urode miała  
Hej jak ta sarna jak ta saran