

# The Stockton Góralski

Tatra Mountains of Poland

A modern dance number based on the folklore of the Tatra Mountains of Poland. The Górale (Mountain Folk) of Poland have a unique style and dialect. To this day when travelling through these mountainous regions 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 adapting their lyrics and melodies to modern instruments. While you can find modern adaptations in the other parts of the country, the Górale versions have a special beat of their own. The folklore of the mountains contains intricate footwork, varying tempos and a uniqueness in the music that you will not find in any other part of the country. This dance choreographed by Richard Schmidt, was proclaimed the most popular dance by the participants of the Stockton Folk Dance Camp in 2005, and as such was dedicated and named by Richard in honour of this camp. It has since been done on stages throughout the U.S. by several International Dance Associations.

**Choreographer:** Richard Schmidt

**Formation:** Circle of individual dancers facing ctr of circle; hands on small of the back

**Meter:** 2/4

## Meas **Introduction**

Mountain folk (Górale) sing us into the dance

"Prawy do Lewego – Lewy do Prawego" – cue to clap

1 Clap Hands 4 times

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

1 Krzesany with the R ft: With wt on L, step on R in front of L (1), step on L in place (&), step on R beside L (2), step on L in place (&) – very fast steps done on the balls of the feet

2 Repeat meas 1 cts (1,&,2), leave wt on R ft

3 Krzesany with L ft: repeat meas 1 with opp ftwk

4 Repeat meas 3 cts (1,&,2), leave wt on L ft

5 Sidesteps done flat-footed & turning slightly left: With wt on L, step R to R (1), step L beside R (2),

6 Step R to R (1), touch L beside R (2)

7-8 Repeat meas 5-6 with opp ftwk and direction

9-16 Repeat 1-8

## Meas **Figure 2** (Promenade)

Face LOD and join hands in V-position

1 In LOD, with wt on L ft, place R heel on floor with R leg straight (1), place full R foot on floor quietly (2)

2 Repeat meas 1 with L ft

3-16 Repeat meas 1-2 seven more times (16 steps)

17-20 Starting R, make full turn to R (CW) in 4 steps raising both hands straight up to end facing LOD

## Meas **Figure 3** (Górale Sway)

With arms loosely down at sides, moving in LOD, make zigzag by moving fwd with every step

1 Step R on R (1), step L behind R (2)

2 Step R on R (1), lift L heel and men slap heel with left hand; women do not do the slap

3-4 Repeat meas 1-2 with opp ftwk still moving fwd

5-6 Repeat meas 1-2 still moving fwd

7 Do full turn L (CCW) in 3 steps: L (1), R (2)

8 Finish turn: L (1), clap hands to L (twds ctr) (2)

9-15 Repeat 1-7

16 Finish turn: L (1), put hands on small of back and face centre (2) keeping wt on L ft

Repeat Figures 1, 2, and 3 two more times

Repeat Figure 1 and 2

## Meas **Ending**

Repeat Figure 3, meas 1-14

15-16 Lean fwd on L ft twds ctr of circle with straight arms open wide, palms reaching to other side of room; clap 4 times with drum beat

Repeat Figure 3 two more times with meas 16 ending with a hand clap