

## Szot Madziar (Poland)



Located on the border with the Czech Republic, in the south of Poland, the town of Cieszyn is directly on the trade route known as the “Amber road” and has therefore adopted the traditions of several cultures over the centuries. The dance known as Szot Madziar is one such dance that has been adopted from the Hungarians. The steps and intricacies of this dance were shown to me by my teacher and mentor the renowned choreographer and Polish folk expert, Leokadia Magdziarz who came from Poland and was the Artistic Director of the Podhale Folk Dance Company in Montreal, Canada, from 1973 to 1991.

Pronunciation: SHOT MA-djar

Music: Folk Dances from Poland, Vol. 1, Band 3      Meter = 2/4 (cts 1& 2&)  
Folk Dances from Poland, Vol. 2, Band 2

Formation: Couples stand in checkerboard formation facing all the same direction (front).

Styling: Couples

### Basic Steps

**Style and Posture**      Movements are exact and precise and dancers should remain erect at all times with straight backs and heads up.

**Slower Tempo**      The steps for the slower tempo portion of this dance (Figs 1,2,3) are explained in the Figures themselves

**Polka Hops**      Beginning with R ft step forward on R ft (ct 1), switch wt to L ft by bringing along side R ft (ct &), step forward on R ft (ct 2) bring L ft along side R ft without touching the floor and leaving the wt on the R ft. This step is done during the quicker tempo portions of Figs 4 and 5 and a hopping action should be attained by elevating the individual steps from the floor up onto the ball of the foot and finally by slightly jumping off the floor. Couples begin with their outside feet (M – R ft / W – L ft)

### Hand Formations

**Open Couple**      M extends R arm parallel to the floor and grasp his partner’s L arm at the top of her arm just below their shoulders. L hand is placed on the L hip with fingers forward and thumb back. W do the exact opp.

**Closed-Hold**      The couple stand beside each other with the man on the

woman's left. The man's R arm is extended behind the woman holding her back at waist level while the woman's left hand is placed on the man's right shoulder. The man extends his left arm out in front of him parallel to the floor and diagonally twrds his partner taking the woman's right hand in his. Similar position to social dance position with the exception that both dancers are facing frwd instead of each other.

- Closed Couple** Facing the partner, with rounded arms, M places both hands on either side of his partner's back just below the shoulder. W rest their arms, also rounded, on top of their partners arms and place hands on the back of their partner's shoulders.
- Closed Circle** Extend arms parallel to the floor and grasp the dancers to your R and L at the top of the arms just below their shoulders.
- Individual** Hands are placed on your hips with fingers kept together at the front and the thumb extended around your waist pointing bkwrds.

### Pattern

Fig. 1  
(8 meas)  
slower tempo

**Meas 1** – Moving in LOD - Step on R ft to R (ct 1), step on L ft behind R (ct &), step on R ft to R (ct 2), bring L ft beside R ft (ct &)

**Meas 2** - With wt on R ft, point L ft out straight in front (ct 1), point L ft out straight to L side (ct &), bring L ft directly beside R ft (cts 2 &).

**Meas 3 & 4** – Moving in RLOD - Repeat measures 1 and 2 in opp direction with opp ftwk (beginning on L ft to L)

**Meas 5** – With wt on L ft, cross R ft over L ft in front landing on the heel (ct 1), bring the flat of the R ft down switching wt from L ft to R ft while lifting L ft off the floor by bending L knee in back (ct &). Switch wt back to L ft by putting it back into previous pos on the ball of the ft (ct 2) put L ft heel on floor (ct &)

**Meas 6** - Do one full rotation CW to the R by stepping on R ft (ct 1), L ft (ct &), R ft (ct 2) and bring L ft beside R ft (ct &)

**Meas 7 & 8** - Repeat measures 5 and 6 in opp direction with opp ftwk (beginning with wt on R ft and crossing L ft over R)

Fig. 2  
(8 meas)  
slower tempo

While doing the following steps close the circle by extending arms parallel to the floor and grasping the dancers to your R and L at the top of the arms just below their shoulders.

**Meas 1** - Step R ft to R (ct 1), step on L ft behind R (ct &), step on R ft to R (ct 2), step on L ft in front of R (ct &).

**Meas 2** - Repeat 1<sup>st</sup> meas in same direction (ct 1&2&)

**Meas 3** - Step R ft to R (ct 1), bring L ft beside R ft (ct &). Repeat this action (cts 2&)

**Meas 4** - With weight on the balls of the feet keep front part of the foot (toes) together and push heels out (R heel to R and L heel to L) on ct 1 click heels together twice on cts 1 and 2.

**Meas 5 thru 8** - Repeat Measures 1 thru 4 to the L.

Fig. 3  
(8 meas)  
slower tempo

**Meas 1** - Step R ft to R (ct 1), bring L ft beside R ft (ct &). Step R ft to R (ct 2) and with wt on R ft begin extending L leg crossing over R ft (ct &).

**Meas 2** - Place L heel down on (ct 1). On (ct &) switch your wt to L ft by stamping L ft down on the floor while bending the R leg at the knee behind L leg. On (cts 2and &) switch wt back to R ft by placing R ft back on the floor and by slightly lifting L ft off the floor.

**Meas 3 & 4** – Moving in RLOD - Repeat measures 1 and 2 in opp direction with opp ftwk (beginning on L ft to L)

**Meas 5** - Moving to the R, hop onto R ft (ct 1) while positioning the L ft off the floor horizontal to the R leg while bending the left knee. Still moving to the R hop onto L ft behind R ft and bring R ft up by bending the knee to position it horizontal to L leg directly in front of L leg (ct &). Moving to the R jump onto both feet (cts 2 and &) ensuring that both feet are side-by side.

**Meas 6** - Repeat this movement to the L

**Meas 7** – Release dancers on either side of you by return your hands to your waist while turning to the R 1 and a ¼ CW by stepping on R ft (ct1), L ft (ct&) then R ft (ct2) and bringing L ft beside R ft (ct&) – end facing the LOD.

**Meas 8** - Hop on both feet L ft crossed over in front of R ft (ct 1). Hop again bringing both feet back together again with toes touching and heels extended outwards (ct&). Click heels together once (ct 2&).

Fig. 4  
(8 meas)  
quicker tempo

**Meas 1 thru 6** – Take 6 polka hop step forward beginning with the R ft

**Meas 7** - Turn to the R - 3/4 CW by stepping on R ft (ct 1), L ft (ct &) then R ft (ct2) and bringing L ft beside R ft (ct &) – end facing the center of the circle.

**Meas 8** - Hop on both feet L ft crossed over in front of R ft (ct 1). Hop again bringing both feet back together again with toes touching and heels extended outwards (ct&). Click heels together once (ct 2&).

Fig. 5  
(8 meas)

**Meas 1** - Beginning with R ft make one polka hop steps towards the center of the circle

**Meas 2** – Beginning with L ft make one polka hop steps towards the center of the circle

**Meas 3** - Polka hop backwards using R ft doing a half turn CW to end facing out

**Meas 4** - Polka hop forwards using L ft doing a half turn CW to end facing center of circle

**Meas 5** - Moving R turn one full revolution CW beginning with R ft (cts1& step to the right while beginning the turn) and complete the revolution by stepping onto L ft (cts 2&) ending with both feet together and facing the center of the circle.

**Meas 6** - With weight on the balls of the feet keep front part of the foot (toes) together and push heels out (R heel to R and L heel to L) on ct 1 click heels together once on ct 2.

**Meas 7** - Moving L turn one full revolution CCW beginning with L ft (cts1& step to the left while beginning the turn) and complete the revolution by stepping onto R ft (cts 2&) ending with both feet together and facing the center of the circle.

**Meas 8** - With weight on the balls of the feet keep front part of the foot (toes) together and push heels out (R heel to R and L heel to L) on ct 1 click heels together once on ct 2.

Fig. 6  
(8 meas)

**Meas 1** - Step R ft to R (ct 1), bring L ft beside R ft (ct &). Step R ft to R (ct 2) and with wt on R ft begin extending L leg crossing over R ft (ct &).

**Meas 2** - Place L heel down on (ct 1). On (ct &) switch your wt to L ft by stamping L ft down on the floor while bending the R leg at the knee behind L leg. On (cts 2and &) switch wt back to R ft by placing R ft back on the floor and by slightly lifting L ft off the floor.

**Meas 3 & 4** – Moving in RLOD - Repeat measures 1 and 2 in opp direction with opp ftwk (beginning on L ft to L)

**Meas 5** - With wt on L ft move to the R by stepping onto R ft (ct1), bringing L ft beside R ft (ct&) and once again stepping onto R ft (cts2&)

**Meas 6** - Turn one full revolution to the R CW beginning with L ft (ct 1&) crossing over R ft and then bringing R ft (cts 2&) around to end facing the ctr of the circle. Feet end slightly apart.

**Meas 7** - Moving L turn one full revolution CCW beginning with L ft (cts1& step to the left while beginning the turn) and complete the revolution by stepping onto R ft (cts 2&) ending with both feet together and facing the center of the circle.

**Meas 8** - Hop on both feet L ft crossed over in front of R ft (ct 1). Hop again bringing both feet back together again with toes touching and heels extended outwards (ct&). Click heels together once (ct 2&).

The dance consists of all 6 figures performed in sequence. There is a short introduction to introduce the melody in which dancers stand in a circle with hands resting on their hips, waiting to execute Fig. 1. The complete dance is repeated 2 times (Figures 1 through 6).

**Dance notes and presentation: Richard Schmidt**