

## NADREŃCZYK

The origin of **Nadrenczyk** comes from Germany. In the turn of the century masses of Wielkopolska (Western Poland) natives were migrating to other western countries in search for a job. In Germany they ascertained a folk dance known *as* the *Rheinlander*. After returning to Poland they introduced their own version of the dance. The dance became popular and is performed in Wielkopolska even today. This is a 2-part dance. Each part consists of 16 measures. Music in 2/4 meter.

Formation: Couples around the circle, partners facing in social dance position, Woman back to LoD.

### Meas. Pattern

1 - 4 Intro: - no action.

Melody A

Part I This part consists of "*running*" type *Steps* done either toward center or outside of the circle: 3 steps/ measure: cts. 1-&-2, hold. Steps are done on relaxed knees.

1 M: Stamp in place with L ft (ct.1); at the same time pull partner toward center.

W: Beginning with R ft do *Running Steps* to the Right, ending back to center.

2 M: 3 steps in place: R-L-R. Push your partner slightly to your Right with simultaneous turn; end back to center facing partner.

W: Beginning with L ft do *Running Steps* toward outside of the circle.

3 - 4 Beginning M-L / W-R ft do 4-step *Pivot* CW with 1 turn in LoD. Woman ends back to LoD

5 -16 Repeat action of measures 1-4 three more times (4 in all). In measure 16<sup>th</sup> release hold; both face LoD, Woman in front of partner. Join hands R/R, L/L above shoulder level (Varsoviene position).

Melody B

### Part II

1 Beginning with L ft both use *Running Steps* toward center and slightly forward (in LoD). Joined L hands about waist level. Look at each other from the L side.

2 Beginning with R ft do *Running Steps* towards outside of the circle and forward. Joined R hands about waist level (L hands above shoulders). Look at each other from the R side.

3 Ct.1: Turn body toward center, raise joined R hands (L hands at waist level), and place the L heel on the floor (toes upward). Look at each other.

Ct.2: Step on L ft and raise joined L hands up (R hands down).

4 Repeat the same toward outside - opposite foot and arm-work.

5 - 6 Repeat action of measures 1-2

7 - 8 Without releasing hold Woman does *Running Steps* moving behind the partner. End facing LoD.

9-14 Repeat action of measures 1-6.

15-16 M: Moving slightly backward, bring partner in front without releasing hold.

W: With the first *Running Step* move toward center of the circle and start turning Right under joined hands. Do 1 Right turn ending back to LoD / facing partner.

Repeat the whole dance 3 more times (4 times in all).