

## Polish Folk Dance Workshops 2015.03.14 & 15 by Richard Schmidt

No.	Workshop	Dance Name	舞蹈名稱	Remarks	CD No.
1	A1	Warszawianka from Lachy Sącz	華沙少女	“Women or girl from Warsaw”; 3/4	10
2	A2	Polonez Héroique	英雄舞會行列	“Héroique” in French = “Heroic” in English; 3/4	6
3	A3	Kujawiak Weselny	婚禮尋夢舞	“Wedding Kujawiak”; originating from Kujawy; 3/4	1
4	B1	Szpacyr Polka from Śląsk (Non-Partner)	西里西亞單人漫步	“Szpacyr”, derived from the Polish word “Spacer”, meaning to go for a walk or stroll; 2/4	8
5	B2	Szpacyr Polka from Śląsk (Couple)	西里西亞雙人漫步	(ditto)	8
6	B3	Kurpie Walc/Waltz from Kurpie	葱葱華士	Kurpie Waltz: light and fast, with occasional pivots; 3/4	3
7	B4	Polka z Nogi from Lachy Sącz	旋轉撲克	“Polka with Legs”; 2/4	5
8	C1	Sztajerek from Lwów	雪塔依瑞克	Lwów, a city now in Ukraine; the dance found in several regions of Poland; 3/4	9
9	C2	Malowane Łoze from Żywiec	彩牀	“Painted Bed”; 2/4	4
10	C3	Kujony from Łowicz	收割尋夢舞	Variation of the Kujawiak; with a movement symbolizing the use of a scythe in cutting the wheat; 3/4	2
11	C4	Szot Madziar from Cieszyn (Non-Partner)	斯卓特單人舞	Cieszyn, a town on the border with the Czech Republic; from Hungarian folklore; 2/4	7

# Maps of Poland

