ORAWA. . .Poland

Dance Meaning: Name of river. From Finnish word for squirrel.
Pronunciation: O-ra-va
Choreography: By Jim Gold. South Poland, Zakopane folk dance style.
Source: Southern Poland, Zakopane and Dunajec River region.
Music: Biesiada Goralska: Orawa
Formation: Open Circle, arms in V position.
Meter: 4/4
Jim Gold YouTube video: https://www.youtube.com/watch?v=JfrKPt1Ror8

Introduction: 8 measures
Measures:

	First Step:
	Zakopane csardas step:
1	Face ctr: Step R to the right(ct 1),
	bring L to R(ct 2),
	step R to the right(ct 3),
	touch L to R (ct 4),
2	Repeat meas. 1 opp ft and opp dir,
3-4	Repeat meas. 1-2
5	Dunajec river boat shuffle step:
	Step R(ct 1),tap-brush L(ct &),
	Step L(ct 2), tap/brush R(ct &),
	Step R(ct 3),tap-brush L(ct &),
	Step L(ct 4), tap-brush R(ct &),
6-8	Repeat meas. 1 3x
9-10	Repeat meas. 1-2
11-12	Repeat meas. 1-2
	Second Step:
	Sun shielding circle shuffle step:
1-2	Make complete circle to right, arms up, palms flat, shade eyes from sun, repeat
	Dunajec river boat shuffle step footwork from First Step, measures 5-8,
3	Bent wrists on hips: shuffle step into ctr(ct 1-4),
4	Bent wrists on hips: back out of ctr,
	no shuffle step(ct 1-4).
	Third Step:
	Down-the-Dunajec two-step
1	Step diag to right on R(ct 1),
	step on L behind R (ct &),
	step slightly fwd on R(ct 2),
	Step diag to left on L(ct 3),
	step on R behind L(ct &),
	step slightly fwd on L(ct 4),
2-4	Repeat meas. 1 3x
5	Step, Lift:
	Step fwd on R(ct 1), lift L in big sweep(ct 2),

	step diag to left on L(ct 3),
	bring R behind L(ct &),
	step slightly fwd on L(ct 4),
6-8	Repeat meas. 1 3x
9	Step fwd on R(ct 1), lift L in big sweep(ct 2),
	step fwd on L(ct 3), big sweep lift R(ct 4),
10	Repeat meas. 5

<u>Order of steps:</u>
First Step: 2x, Second Step:3x, Third Step:1x
First Step: 1x, Second Step:3x, Third Step:1x,
First Step:1x, Third Step:1x,
Ending: measures 11-12

	<u>Ending:</u>
11	Touch R heel forward(ct 1-2),
	touch R heel to R side(ct 3-4)
12	Touch R heel forward(ct 1),
	touch R heel forward(ct 2),
	place and hold R heel to R side(ct 3-4).