

# POLONAISE - THE ROYAL DANCE

*The dance is similar to walking so it is also called 'the walking dance'. It has a moderate pace. It's a processional dance in some kind. It includes numbers of figures such as bows and turns. The dance is performed by a procession of mixed pairs moving along. The couples promenade around the hall with gliding steps, bending the knee slightly on the first beat. The choreography involves the temporary separation of partners and then a circle by the male partner around the female dancer. First, the pairs form two lines that moves towards each other and eventually cross. Next, all the pairs line except for one in the front who raise their joined hands forming a 'tunnel'. The pair at the front of the line turns around and enters the passage bending forward slightly. They are followed by the next pair at the front and so on. After a pair passes through the 'tunnel' they turn around at the end of it and raise their joined hands to add a segment to the passage. The dance requires appropriate music, for example by Chopin.*