

Dance Workshop!

Introduction to Polish Folk Dancing

Welcome to the first ever Polish Folk Dance workshop taught by **Syrena Polish Folk Dance Ensemble choreographer Casey Stefanowski** hosted by The Polish Center of Wisconsin!

Whether you are returning to the floor or if this is your very first time, we are thrilled to have you dance with us during this workshop.

Workshop Details

When: Oct. 6th and 20th at 6:30 to 7:30

Where: 6941 S 68th St, Franklin, WI 53132

Cost: Donated admission is appreciated

What to Bring: Comfortable dance or athletic wear, character/folk shoes (or clean jazz shoes/sneakers), and plenty of water.

What We'll Cover

Core Technique: Essential breakdown of basic polkas, waltzes and pivots.

Movement Drills: Footwork, partner framing, and stamina exercises.

Style & Context: Exploring the key differences between Poland's Five National Dances (Krakowiak, Polonez, Mazur, Kujawiak, Oberek) and vibrant regional folk dances—plus how these contrasting styles complement each other on stage.

This workshop is structured for all skill levels. If you are new, it is the perfect low-pressure environment to jump in and learn the basics; if you are returning, this is a great tune-up for your feet and brain.

Come ready to learn and have fun.

See you on the dance floor!

Warmly, Casey Stefanowski



Casey began his folk dancing journey at 8 years old with the Syrenka Children's Polish Folk Dance Ensemble. He moved up to dance with Syrenka youth and then later to Syrena Polish Folk Dance Ensemble's adult group.

Casey's passion for Polish folk dance led Syrenka to sponsor a trip to Poland for a choreography program. Over four summers, Casey completed the program and earned an associate's degree in Polish Folk Dance Choreography. Casey taught Syrenka Youth and has now served as Syrenka's choreographer for two years and loves sharing a deep knowledge of, and enthusiasm for, Polish culture with dancers of all ages.

Casey has trained at the Milwaukee Ballet School, completing requirements for the step before a professional ballet career. In high school, Casey joined the Ukrainian dance group Dnipro, dancing with them for four years and helping choreograph for two.

Dance has been part of Casey's life for as long as he can remember, and sharing that passion with newcomers and curious beginners is a joy.

Casey can't wait to see you on the dance floor at this workshop!



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