

1967 SANTA BARBAR FOLK DANCE CONFERENCE

Presented by Eugene R. Ciejka

KUJAWIAK - SZTAJEREK
(Poland - Advanced)

- SOURCE:** Jan Cieplinski, Director, Polish folk Dance Ensemble, 1939. Adapted by him from dances done in the vicinity of Torun.
- RECORD:** Let's Polka-Oberek-Waltz with Ted Maksymowicz, ABC Paramount, ABC 229, Side 1, Band 4
- FORMATION:** Circle, with men facing out of circle and women facing in. Man's right hand holding ladie's left, with free hands on hips. Posture is erect but not stiff.
- NOTE:** The dance starts out with neither party very interested in the other. The steps are flatfooted but not sloppy. There should be no shushing. The reserved attitude remains until the sequence in which the couple kisses. After that the dance becomes progressively freer, and active. After the second interlude the dance is limited, only, by the dancer's ability.
- INTRODUCTION:** 4 measures.
- FIGURE 1:** Balance in and out (flatfooted).
Meas.
1-8
Holding inside hands, free hand on hip with loose fist, moving L.O.D. Balance out and in four times to end facing partner. On last measure step in on inside foot and stamp outside foot, holding count 3.
- FIGURE 2:** Waltz. Shoulder waist position.
9-16
Man on inside, lady outside. Take one half turn per meas. while traveling L.O.D. Man start with L., lady with R. turning C.W. Finish 16th meas. as meas. 8 in fig. 1.
- FIGURE 3** Out and in with stamp turn and waltz.
1 Balance out, erect, with free hand on hip.
2 Ct. 1 step on inside foot and place leading shoulder in line of direction with twist of body. Ct. 2 and 3 stamp twice with leading foot. Do not take weight.
3 Balance out, erect.
4 Man: Ct. 1 step in on inside foot, while raising left knee. Ct. 2 man slaps left knee with left hand, down the up. Ct. 3 hold position for one count.
Woman: Takes a three step turn on meas. 4, L.R.L., C.C.W.
5-6 Repeat Meas. 1 and 2
7-8 Waltz. Turning C.W. in L.O.D. one full turn on first meas. Man starting L., lady R., take step on Ct. 1 Meas. 2, stamp on Ct. 2, and hold ct. 3 with weight on ladies L., Man's R. (This is shoulder waist position)

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9-16 Repeat Meas. 1-8.

FIGURE 4:

Angry Step

- Man on inside, lady outside, still in shoulder waist position.
- 1 Take small step to right releasing partner Ct. 1. Draw left foot to right Cts. 2 and 3 (hands on hips now).
- 2 Ct. 1 stamp left, hold cts. 2 and 3.
- 3 Take step to left passing face to face with partner Ct. 1. Draw R. to L. Cts. 2 and 3.
- 4 Stamp R. Ct. 1, hold Cts. 2 and 3. Turn slightly C.C.W.
- 5-6 Repeat meas. 1 and 2 passing back to back
- 7 Repeat meas. 3 and return to position facing partner.
- 8 Place arms around partner, and kiss her on left cheek while shifting weight to trailing foot, Man's R., Ladie's L.

FIGURE 5:

Balance and Waltz

- 1-4 Balance out and in twice.
- 5-8 Waltz, in shoulder waist position.
- 9-16 Repeat Figure 5.

INTERLUDE:

1-4

Waltz.

Ballroom position, man starting on left, lady on right, C.W. Turn.

FIGURE 6:

Balance, chicken and waltz step.

1-4

Balance out and in then repeat moving L.O.D. Free arm is now used in a free manner.

Chicken Walk. The body is bent at the waist. Eyes straight ahead, man's right arm and woman's left arm parallel and next to each other from elbow to wrist, hands joined. Free arm extended down and trailing behind slight distance away from body. Palm down. The step consists of stepping on the heel and slapping the sole of the foot on the floor for the $\frac{1}{2}$ count. On 1 the heel hits the floor, on the "and" the sole hits the floor.

5-6

Cts. 1-4 step L.R.L.R. (Woman's footwork opposite.)

Ct. 5 stamp outside foot, no wt.

Ct. 6 hold while straightening up into shoulder waist pos.

7

Waltz. One full turn placing man on inside.

8

Ct. 1 man releases woman, placing hands on own hips while stepping back on right.

Ct. 2 steps back on left while bending at the waist.

Ct. 3 allows right toe to come up off floor leaving right heel on floor.

Woman:

Ct. 1 steps back on left, placing hands on hips.

Ct. 2 bends at waist allowing right toe to rise.

Ct. 3 holds position.

FIGURE 7:

Indian step with scissor kick.

Partners are facing with man on inside. Right hand comes up

Continued.

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- over eyes, as if to shade them from the sun. Weight is on the left foot.
- 1 Ct. 1 step on R. heel and draw left foot to right.
Cts. 2 and 3 repeat Ct. 1 while moving towards partner.
- 2 Arms move to same position as in chicken step. Partners move backwards, away from each other starting back on left, using same step as meas. 1 in reverse. R. heel remains on floor.
- 3-4 Take 4 chicken walks passing partner on right. Man stands more erect with arms outstretched to sides, like a cross. Woman passes under man's right arm with her own arms curved in front of her as though she were carrying a basket. Both turn C.W. on Ct. 5 to face partner, hands going to hips. On Ct. 6 stamp L. taking the weight.
- 5-6 Balance R. and L. Hands on hips, facing partner, about six feet apart.
- 7 Ct. 1 small step forward onto R.
Ct. 2 swing left through and forward, low in front.
Ct. 3 spring off right foot and execute scissor to return to floor standing on L. foot with right heel on floor.
- 8 Ct. 1 bend over and brush raised right toe with right hand first in and then out.
Ct. 2 stamp R. while straightening up.
Ct. 3 stamp L. erect, hands on hips.
- 9-16 Repeat Meas. 1-8.
Exceptions: on cts. 5-6 of meas. 4 (chicken walk) turn C.C.W. to face partner, and stamp L. but do not take the weight. Start the balance of meas. 5-6 to the left and then the right. Reverse the footwork of meas. 7-8 to start by stepping on the left foot and swinging the right foot through. On Cts. 2 and 3 of meas. 8 stamp L. and R., woman taking the wt. while man does not.

- FIGURE 8: In and out and girl swings over, chicken walk and waltz.
- 1-2 Balance in and out starting with inside feet. Free hands on hip.
- 3 Girl takes a three step turn across and in front of man, L.R.L. man stepping in L.O.D. and slightly to the right, R.L.R.
- 4 Girl returns to man's right side in same manner stepping R.L.R. Man moves L.O.D. and to left with L.R.L. (During this step the free hand comes off the hip and partners change hands to correspond with the side the girl is on.) Whichever hand is free is held away from the body and is relaxed.
- 5-6 Chicken walk starting with man's R. and ladie's L. One step for every Ct. with a stamp on the 6 Ct., Man's L., Lady's R. No weight taken.
- 7 Waltz, one full turn to place man on inside.
- 8 Man:
Ct. 1 Step R.
Ct. 2 Stamp L. (no wt.)
Ct. 3 Hold.
- Woman:
Ct. 1 Step L.
Ct. 2 Stamp R. (no wt.)
Ct. 3 Hold.
- 9-16 Repeat meas. 1-8

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INTERLUDE:

1-4 Waltz, ballroom position, turning C.W. Start on man's left lady's right. Take $\frac{1}{2}$ turn per measure to place man on inside on 4th meas. At the end of meas. 4 release leading hands and open them up, holding them in a position with the palms neither down nor up with the hand itself about eyelevel. On the last Ct. of meas. 4 do take the weight on the man's right and lady's left foot.

FIGURE 9: Double Clicks with waltz (Woman's footwork is reversed)
Still facing partner with leading hand high. Woman's left hand on man's shoulder, man's right hand on woman's waist.

1 Ct. 1 step R. over L. in L.O.D. Bring left foot around forward and pointed in L.O.D. low.
Ct. 2 click right instep to left heel. Land on right.
Ct. 3 click right instep to left heel. Land on right.

2 Waltz moving C.W. in line of direction, one full turn placing man on inside.

3-8 Repeat meas. 1 and 2 three more times. On meas. 8 do not turn in waltz. Open up facing L.O.D. stamp L. and then R. No wt.

9-16 Repeat meas. 1-8

FIGURE 10: Single Clicks with waltz (Woman's footwork is reversed)
Facing partner in same hold as figure 9, and turning C.W.

1 Ct. 1 step right over left
Ct. 2 bring left foot forward pointed high.
Ct. 3 click right instep to left heel, to land on right foot.

2 Ct. 1 step on left
Ct. 2 extend right foot.
Ct. 3 click left instep to right heel, to fall on left foot.

3 Repeat meas. 1 except no time for a cross over (ct. 1).

4 Waltz. One turn to place man inside.

5-7 Repeat meas. 1-3.

8 Stamp left and then right no weight.

9-16 Repeat Meas. 1-8 finishing to face L.O.D. in an open position with free hands on hips.

FIGURE 11: Wheel in place
1-8 In open position facing L.O.D. man starting back on right, lady forward on left. Take 7 measures of 3 running steps each. (A total of 21 steps.) Outside hands are high and partners are looking at each other. Finish 7th meas. facing L.O.D. and stamp L.R. on eighth meas. holding the third ct. Do not take the wt. Lady stamps R.L. and does not take weight.

INTERLUDE:

1-4 Forward run
Take two meas. of small running steps forward in L.O.D. On third meas. both take preparation step on both feet. (This means to come down solidly on both feet with knees bent.) On 4th meas. woman springs up with knees together and man grabs her behind the back with his right arm and around the knees with his left arm. Lady's left arm is around man's shoulder while right arm is extended high, curved and natural.

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- FIGURE 12: Lift and Turn
 With woman in man's arms, he takes solid grip on floor with feet.
- 1-8 Man starts turning C.C.W. starting with R. foot. There is no set speed to travel, just play it safe.
- 9 Man releases woman's legs and gets his right hip next to her left hip. Woman bends left leg and helps to place herself while extending right leg for balance. Lady's right leg is supposed to be about one to two inches off the floor. Man's left arm is extended and high.
- 10-14 Man continues to turn C.C.W. supporting woman as above.
- 15 Man faces L.O.D. and places woman down, gently, still retaining hold on her waist, while woman retains shoulder hold.
- 16 Stamp L.R. do not take weight, both man and woman.

- FIGURE 13: Rhonde de jhombe (Man)
- 1 Ct. 1 jump down on right while extending left foot forward.
 Ct. 2 swing left foot around allowing it to turn you C.C.W.
 Ct. 3 hop on right foot for balance.
Woman: take three small running steps around man assisting in turn R.L.R.
- 2 Man: take three small running steps C.C.W. backwards, L.R.L. to assist woman in turn.
Woman:
 Ct. 1 leap down onto left foot while extending right leg to side bending left knee with body straight.
 Ct. 2 swing right leg around and in front allowing to turn your body.
 Ct. 3 take small hop on left foot for balance.
For both the man and the woman the free hand is used to assist.
- 3-15 Repeat meas. 1-2, six and one half more times.
- 16 In open position with arms extended facing L.O.D. stamp. Man L.R. taking wt., lady stamps L.R. no wt.

- FIGURE 14: Waltz Finis
- 1-14 Waltz starting man's R., lady's L. Turning C. W. advance L.O.D. In shoulder waist position. Man finishes 14 meas. on inside of circle (one half turn per meas.)
- 15 Girl turns under man's left arm R.L.R. free hand on hip. While man balances in place, free hand extended to side.
- 16 Man raises right arm high, lady leaves left hand on hip. Man steps R.L. no wt. to pose connected arms extended but not stretched. Lady stamps L.R. no wt. Ladies finish outside of circle facing in. Men finish inside of circle facing girls.

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(ERRATA)

KUJAWIAK - SZTAJEREK Pronunciation: Koo-Yav-yahk - Shuhtie-yerr-ik

- FIGURE 3 end of flat-footed waltz
meas. 4, line 3 should read "down & up"
- FIGURE 4 pass partner looking, then look away during Angry Step
Except for first small step to R, all steps are very large
- FIGURE 5 Hands: When using arms in balance-step bk of hand leads bk,
the thumb leads fwd in an elongated, horizontal figure 8
movement.

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- 7 FIGURE 7 meas 1, ct 1 step on R heel and draw L instep to R heel
meas 11 & 12 of Repeat: W passes under Man's L arm
- 9 FIGURE 8 meas 8, ct 2 eliminate words "no wt" for M and W
- FIGURE 14 meas 1 should read "Waltz starting man's L, Lady's R."