

KUJAWIAK
(Koo-yah'vee-ock)

SOURCE: Polish National Dance originated in the Kujawy Region.

MUSIC: Bruno Hi Fi BR - 50136, Side A, Band 2.

FORMATION: Couples facing LOD.

MUSIC 3/4

PATTERN

Meas.

PART I. OD SIP*DO SIP (Ud Ship-Du Ship) Away and Together.

- 1 Cpls in "escort" pos, free hands on hips facing LOD. Do one step-touch as follows; With both knees bent do one step fwd on outside ft (M L, W R), turning back to back and leaning twd RLOD and touching free (inside) ft to side twd LOD, straightening both knees and retaining wt on starting ft.
- 2 Step is done as in meas 1, beginning with inside ft and turning face to face.
- 3-8 Repeat meas 1-2 three more times.

PART II. KOLYSANA (Koh-wee-sah'-nah) Rocking.

- Man back to ctr of circle. Loose closed pos with fwd arms (M L, W R) curved gracefully with hands joined just above each other's wrists, W hand on top. Hands are only slightly higher than the waist.
Ft apart as far as length of dancer's ft.
- 9 Bending knees, cpl sways swd twd LOD, shifting wt to fwd ft, and straightening knees. Unweighted ft remains in place.
 - 10 Repeat meas 9, but twd reverse direction, shifting wt to other ft.
 - 11 Maintaining the same loose closed pos but facing directly fwd in LOD, run very lightly three steps fwd.
 - 12 With both hands on hips, dancers turn individually, M L and W R in three steps.
 - 13-16 Repeat meas 9-12.

PART III. ZAGLADANA (Zahg-lon-dah'-hah) Peeping or Flirting.

- Cpls face LOD with both L and R hands joined high. similar to Varsouvianna. The M is behind the W and to her L. Momentarily R hands are joined high, L hands low.
- 17 Ptrs change sides in three steps, M - R,L,R and W - L,R,L while moving fwd in LOD, raising L hands and lowering R hands, and

KUJAWIAK (CONT'D)

Meas. keeping contact with the eyes at every opportunity under the arch formed by the hands which are joined high.

18 Repeat meas 17 with opp ftwk, changing to original side.

19-24 Repeat meas 17-18 three more times.

PART IV. SPIACA (Shpes-an'-tzah) Sleepy.

M L and W R hands are joined, turned and fwd as in meas 11. W L hand is on M R shoulder and his R arm around her waist. W head rests on her L hand and his R shoulder ("sleeping").

25 Soft step, bending knee on weighted ft. Step fwd LOD on outside ft, raising inside ft and resting it against outside ft just above ankle (like a stork).

26 Repeat meas 25 with opp ftwk, still progressing LOD.

27-32 Repeat meas 25-26 three more times.

PART V. OBRACANA (Ob-rah-tzahn'-ah) Turning.

33-36 Arm pos as in meas 9. Cpls dance twelve (12) light running steps CCW (three steps per meas) making one complete turn, giving wt for a good turn. M starts on L, W on R.

Part VI. NA TALARKU (Nah-lahr'-koo) "On a Dime".

37-40 Shoulder waist pos. Dance 24 tiny side steps CW, going around as often as possible "on the spot", six steps per meas.

41-80 Repeat entire dance from beginning.

PART VII. BRIDGE

81 Dropping M L and W R hand hold, balance away three steps.

82 Balance together three steps, momentarily hold hands as when finishing meas 80.

83 Hands on hips, M turns L and W turns R, once around with three steps.

84 Hands on hips, erect posture, stamp three times.

Repeat dance once more from the beginning. BRIDGE is done only once. This sequence containing the bridge fits this record.

English instructions by Grace Woolff. Not researched by R & S Comm. Institute - 28Oct67 Compton. Presented by Jan Sejda.