

KUJAWIACA GRAJ

(Poland)

Kajawiaca Graj (Koo-yav-yaka Grry) is a simple dance from the Opole region of Poland. The dance was taught to Eugene Ciejka, in 1973, by the directors of the Slask National Dance Co. The dance has been polished for purposes of exhibition, but the essential dance steps and movements have been retained. The dance itself, as is true of most Kujawiaks, is fluid and danced in a light manner and style. All movements are drawn out as long as possible, giving the feeling that the dancers move from one step to another with reluctance. Eye contact and body contact with one's partner is of primary importance.

RECORD: Na Krakowskim Rynku, Muza recording #XL 0408, Side A, Band 5.

FORMATION: The beginning pos is in an open ballroom pos, with M on inside of circle. Ptrs face LOD with M R hip and W L hip adjacent and touching. W L hand is on M R shldr, M R hand is on W R Waist. M L and W R joined hands are bent outward at the elbow, so that both arms form a small circle, with hands about hip high. Body wt is pitched slightly fwd, forcing the wt onto the ball of the ft (do not stand on toes). Ankles and knees are bent slightly, while the body is angled fwd at the hip line for balance; the back, however, is straight. The head is held on the body with tension, but not allowed to become rigid and immovable.

3/4

PATTERN

Meas.

INTRODUCTION

1-4 Use meas 1-3 to strike up a relationship with ptr. On meas 4 assume beginning pos and on Meas 4, ct 3 free M L and W R ft.

I. WALKING STEP

1 M and W walk, lightly twd LOD, M step L,R,L and W step R,L,R (one step per ct). M and W initiate eye contact during meas.

2 W use opp ftwk during the meas. M steps on R and brings L up and straight back with a bent knee, ft is left in natural pos (raised leg, from knee to ankle, is parallel to floor). Head is turned fwd, so that an imaginary line can be drawn from eyes to joined hands (ct 1). Raised leg is brought fwd and then dwnrd, in bicycle fashion, slightly diag L. Toe brushed floor with light tap. Turn head to look at ft (ct 2). Repeat ct 2 (ct 3).

3 Repeat meas 1.

*continued...*

## Meas.

- 4 Repeat meas 2, ct 1-2, except place heel on floor instead of toe on ct 2. Bring outside ft M-L, W-R back sharply, brush toe on floor with light tap, finish with leg raised straight back (ct 3).
- 5 Repeat meas 1.
- 6 Repeat meas 2.
- 7 Repeat meas 1.
8. Step fwd on M-R, W-L, (ct 1). Close M L to R, W R to L. Outside ft is curved slightly away before closing against inside ft. Body pos and eye contact are retained (ct 2) Hold, retain wt on inside ft (ct 3).
- 9-16 Repeat meas 1-8. Both finish last ct with wt on both ft and straighten body.

II. LIFT OR LEAN STEP

- 1 Both M and W face LOD, hip to hip. M tightens grip around W waist and both apply equal force against each other thru joined hands. M bends knees to lower his hipline, then moves hip slightly R twd W. This should be done in a subtle manner. The W lifts her L leg with a bent knee and places her ankle on the M R thigh, then places her L hip just above the M hip. In effect, the W will be sitting on the M hip. It is important for the M to hold the W as close as possible (ct 1). The man starts to lift the W by straightening his knees, steps L to L - for a more stable stance, and lifts with his hip and arm. The W can assist the lift by doing a slight, subtle, push off with R ft. As soon as the W R ft leaves the ground she draws the R leg up and to the L as high as possible. Continue equal force against joined hands. (ct 2). M bends L leg at the knee while R leg remains straight. M upper body is arched twd the ctr of the circle at the waistline, allowing M to lift W to maximum height. W wt should be on M hip with joined hands acting at stabilizer. W holds tension, does not relax (ct 3).
- 2 M lowers W to floor by straightening body and flexing knees after closing L ft to R. W descent should be controlled by adjusting the angle of the M R leg to the tempo of the music. W is not dropped to floor, but placed softly. When the descent is started, the W extends her R leg straight twd the floor (ct 1). Both step L,R in place, establish eye contact (ct 2-3).
- 3-4 With M and W in beginning pos, both make a small circle in place, M moves bkws and W fwd (turn CCW). Starting L, both step 6 steps to complete one turn, finish facing LOD side by side.

*continued...*

Meas.

NOTE: The above step can be done without the lift. The older or heavier villagers do exactly the same step, except that the lift is replaced with a slight lean twd the ctr of the circle by the M with the W body being allowed to remain much lower.

5-16 Repeat meas 1-4 (lift sequence), 3 more times. Finish with M wt on R and W wt on L.

### III. WALTZ STEP

Ethnically there is no exact meas of how many turns per waltz. All that can be said is that the step is done smoothly, and lightly, with a minimum of turning. There is little, if any, sway in the upper body. The waltz is done traveling CCW around the circle, while the cpls turn CW. Cpls face each other squarely in closed ballroom pos.

1-8 In shldr waist pos, do 8 waltz steps, turning 1/2 rev per waltz, for the first 6 meas. On meas 7-8 turn 1/4 rev per waltz, finish with M facing ctr of circle and W facing M.

### IV. FLIRTATION STEP

Before starting move, M raises hands to W shldrs, M palms are up and cupping W upper arms at shldr.

1 Both step bkwd away from ptr, M stepping L,R,L and W-R,L,R. When ptrs move away from each other, hands move down the ptrs arms, so that on ct 3 ptrs hands are extended and joined at shldr level, but without strain.

2 Retaining hand hold, lower hands and move twd ptr, M stepping R,L,R and W-L,R,L, ending R shldr to R shldr. Both M and W place their own L hand (and ptrs joined R hand) in front of their own R thigh. Eye contact is retained throughout step.

3-4 With 6 steps, M starting L, W-R, turn 3/4 turn CW in place. Finishing with M facing RLOD and W LOD.

5-16 Repeat meas 1-4, 3 more times. The beginning of each repeat must be adjusted on meas 1. As the cpls step away from each other, the bodies are adjusted so that the M faces the ctr of the circle and W back is to ctr, at the end of meas 1, ct 3. The last repeat is finished with the M on the outside of the circle facing RLOD, W on inside of circle facing LOD. End with M wt on R, W-L.

*Continued..*

V. GRAND LEFT AND RIGHT

- 1-2 Break hand hold with ptr and establish eye contact with person facing you, and extend L hand. R hand is placed on R hip, hand closed, thumb up. Moving fwd 6 steps, M starting L, W-R, join L hands with new person, make slightly more than 1/2 turn CCW. End with M facing out and W facing in. Joined hands are held at about hip level. While passing ptr with L hands joined, arc outward.
- 3-4 Repeat above move with R hand, but with same ftwk, L hand on hip. Do not break eye contact with ptr until actual change of hands takes place.
- 5-8 Repeat meas 1-4, 2 more times, finishing with M facing ctr of circle and W out.
- 9-10 Retaining R hand hold turn 1/2 turn CW with 6 steps, M starts L, W-R.
- 11-14 Repeat meas 1-4, moving back twd ptr, alternating steps and hand holds, 2 more times. Finish with M facing out of ctr and W in. M wt on R, W-L.
- 15 W walk diag L twd the ctr of the circle, R,L,R to finish so that they are in a small enough circle to grasp hands. M walk diag L away from ctr of circle, L,R,L. Both M and W have hands on hips.
- 16 W turn CCW 1/2 turn inplace stepping L,R,L and join hands in a down pos on ct. 3. M turn CCW 1/2 turn, stepping R,L,R, to place themselves in pos in front of their orig ptr. M have hands on hips. End with M facing in and W out of circle.

VI. FLIRTATION STEP #2

- 1 (W) Moving bkwd twd ctr of circle, step bkwd R, close L to R, step R in place beside L (ct 1-3). W must be close, so that they can raise joined arms parallel to floor (ct 1), and hold (ct 2-3). W look at M during meas. (M) Turn slightly L, lean fwd and hop bkwd on R (ct 1). Click L heel to R and land on R (ct 2). Step bkwd on L (ct 2). Step R next to L (ct 3). M looks twd L ft during heel click on ct 1-2. M looks at ptr (ct 3).
- 2 (W) Retain hand hold and lower to sides while stepping fwd on L (ct 1). Stamp R beside L (ct 2). Hold (ct 3). (M) Step fwd twd ptr on L, and move arms from hips out to sides with a wide spread, above the shldr line (ct 1). While looking at ptr, M stamps R ft slightly in front of L and claps hands (ct 2). Arms immediately return to open pos, though not as far open as in ct 1 and hold (ct 3).

*continued.*

Meas

3-7 Repeat meas 1-2, 2-1/2 more times.

8 (W) Break hand hold and walk L,R,L twd ptr hands free at sides. Assume ballroom pos on ct 3.  
(M) Step L,R, twd ptr and twd ctr of circle with hands on hips (ct 1-2). Hold with wt on R and assume ballroom pos with ptr (ct 3).

VII. WALTZ

1-4 Do 4 waltz steps with 1/2 rev. per waltz, moving directly out from ctr of circle. The waltz is slow with little up and down movement. On meas 4, ct 2, M should be on the inside and W on the outside of the circle. On ct 3, both assume open ballroom pos and face LCD.

Repeat Fig. I, Walking Step.

Repeat Fig. II, Lift or Lean Step.

Repeat Fig. III, Waltz Step (shldr-waist pos).

Presented by Eugene Ciejkka