

Rysiek Kujawiak

(Poland)

According to old tradition, the Kujawiak, which originated in the region of Kujawy, was danced in a slow tempo from start to finish. Adopted at large by the majority of Poland's regions, it became one of Poland's five national dances. The dance is done in a slow $\frac{3}{4}$ meter tempo with very lyrical melodies and can be danced by couples or alone and features a wide range of movement in varied tempos from slow to quite lively. During its different phases of development, it featured many variants and styles of dancing. The music is romantic and often played melancholically and these melodies are to this day, very popular with composers and artists alike. As it is a national dance, any Polish costumes can be worn for the Kujawiak. This choreography is arranged specifically for non-partners.



Pronunciation: RIH-shehk Koo-YAH-vyahk

Music: "Pod Kujawsk Strzecha" (Under a thatched roof in Kujawy), *Folk Dances from Poland, Vol.2*, Band 4. $\frac{3}{4}$ meter.

Formation: Individual dancers begin in a checkerboard formation, all facing the same direction, with feet together and hands on their hips (fingers forward and thumb back).

Steps: Basic step: With knees slightly bent on ct 1, take a long step (ct 1); followed by 2 shorter steps (cts 2 and 3). These steps can be varied depending upon the rhythm of the music, but are usually executed lightly and very smoothly. This step can be executed either fwd or bkwd.

Kołyśany (koh-WHIH-sannih): A slow rocking step sideways that requires shifting the body wt from one ft to the other using all three cts of the meas. Can also be done fwd and bkwd by first making a $\frac{1}{4}$ revolution and then $\frac{1}{2}$ revolutions.

Kolebany (koh-LEH-bannih): A combination of the Basic step and the Kołyśany done by first making a $\frac{1}{4}$ revolution and then $\frac{1}{2}$ revolutions.

Houbczyk (hoob-CHICK): (Can be done to the R with opp ftwk) With wt on L ft, place R ft in front of L going to the L (ct 1); shift wt to R ft and place L heel on floor with toes pointing upwards and leg straight out to the L side near R ft (always moving to L) (ct 2); make a low hop on R and while bringing pointed toes downwards to face the floor, gently click L heel to R heel in the air and land on R (ct 3).

Double Accent: Stamp twice with the required ft on cts 2 and 3.

Styling: The Kujawiak should be danced with grace and smoothness, with the upper body remaining uplifted and the knees relaxed. Use every count of the measure to execute any of the motions. It is worth noting that there exists a huge variety of steps and combinations. Only those used in this particular interpretation of the Kujawiak are described below.

Hand positions: On the Hips: hands are on the hips, fingers are to the front and the thumb back.

Arm(s) out: One arm or both extended out to either side below the hips. Women often hold their apron on either or both sides.

Meas

Pattern

INTRODUCTION No action.

- 1-2 Hold.
- 3-4 Beg with R, take 2 Basic steps (6 steps) in CW circle to finish where you began.

FIGURE I

- 1 Koľysany fwd beg with wt on R and extending R arm out to the R side.
- 2 Repeat meas 1 with opp ftwk and arms.
- 3-4 Dance 2 Basic steps bkwd, hands on hips.
- 5 Kolebany fwd beg with wt on R and extend R arm out to the R side.
- 6 Repeat meas 1 with opp ftwk and arms.
- 7 Dance one Basic step bkwd while turning CW.
- 8 Bend knees, drop shldr, and bow head.

FIGURE IIa

- 1 Houbczyk to L.
- 2 Continuing to L, dance one basic step CCW.
- 3 Koľysany to R.
- 4 Hop gently on L and execute a Double Accent with R ft. Leave wt on R ft on 2nd accent.
- 5-8 Repeat meas 1-4 with opp ftwk to R.

FIGURE IIb

- 1 Dance one Basic step diag fwd, beg with R. ↗
- 2 Dance one Basic step diag bkwd, beg with L. ↖
- 3 M: Step on R, while bringing L knee up so that upper L leg is parallel to the floor, R hand 6 inches over L knee and L arm extended straight up so that L hand is above the head (ct 1); slap L knee with R hand two times (cts 2,3).
W: Basic step turning CW.
- 4 Hop gently on L (ct 1); execute a Double Accent with R ft.
- 5-8 Repeat meas 1-4.

FIGURE IIc

- 1 Repeat Fig IIb, meas 1. ↗
- 2 Repeat meas 1 fwd in opp direction. ↖
- 3 Step onto flat R ft in line with L approximately 1 foot to the R (ct 1); shift wt onto ball of L ft directly behind the R ft, leaving heel of R ft on the floor and pointing toes of R ft upwards (ct 2); shift wt fwd onto R ft by rocking slightly fwd, placing R ft flat on the ground and leaving L ft behind R ft (ct 3).
- 4 Step on L to L (ct 1); step on R behind L and rock back leaving L heel on floor and toes pointing up (ct 2); shift wt fwd onto L (ct 3).
- 5-6 Repeat meas 1-2.
- 7 Repeat meas 3 except on ct 1 do a ½ revolution CCW to end facing the opposite direction. Cts 2 and 3 remain the same.
- 8 Repeat meas 4.

Kujawiak—continued

FIGURE II IN OPPOSITE DIRECTION

Repeat Fig. IIa, Fig IIb, Fig IIc facing opp direction and end facing in the original direction.

INTRODUCTION REPEATED

- 1 Kolysany sideways to R, extending both arms out to the side
- 2 Kolysany sideways to L, bringing arms back on hops.
- 3-4 Beg with R, take 2 Basic steps (6 steps) in CW circle to finish where you began.

FIGURE I REPEATED

Repeat Fig I.

Dance notes by Richard Schmidt
Presented by Richard Schmidt.