

Ada's Kujawiak no. 1

Arranged and taught by Ada Dziewanowska.

Record: Muza XL-0203 "Pożegnanie Ojczyzny," (Farewell to my Country), side A, band 3, "Na wierzbowym listku" (On a Willow Leaf), 3/4 time.

Kujawiak [koo-yah-vyak] is a Polish couple dance which originated in the Kujawy region, the agricultural lowland, northwest of Warsaw. It became popular all over Poland, also as a ballroom dance, and belongs to the category of the national dances. It is a slow dance in 3/4 time, suggestive of the grain blowing gently in the fields. Its tunes are romantic, lyrical, and slightly sad, often in rubato tempo. Some melodies alternate between a slow tempo and a faster tempo. Kujawiak is done with simplicity and grace in a smooth, flowing style, in an erect posture, on slightly bent knees. The Man performs from time to time more elaborate steps than the Woman. Kujawiak has many steps and figures. Only a few have been chosen for this arrangement.

Basic step (1 measure): ct 1: step on L ft (R ft); ct 2: slightly smaller step on the ball of R ft (L ft); ct 3: small step on L ft (R ft) near the other ft. Repeat same pattern in the next meas. with opposite footwork.

Starting position: Couples around the room, Man and Woman face each other, Man's back to center of circle, their fists on own hips slightly forward, elbows also forward.

Measures

Pattern

1-4 Intro music: Man invites Woman to dance; they join inside hands, free arms held out; they still face each other.

FIGURE I (Melody A & B): Figura rozwijana [fee-goo-rah roh-z-vee-yah-nah]:

- 1-3 Moving in LOD, starting with the outside ft, using 3 basic steps, with a 1/4 turn open away from partner, face partner, open away (the extended outside arms do not do any special movements).
- 4 With one basic step done in place Man brings Woman around to face him, he faces LOD, and they get into shoulder-shoulder position.
- 5-7 With 3 basic steps Man moves forward, Woman backward. On last ct "&" both rise up on balls of ft in preparation for the dip in meas. 8.
- 8 Both do a slow dip pointing knees left and then straightening them, and move into a R side position without dropping hands.
- 9-11 Both starting with L ft, with 3 even steps/meas. done on the whole ft, stepping through the heel, with knees almost straight, partners walk CW around each other.
- 12 With 2 stamps-and-hold partners move into a L side position.
- 13-15 Repeat pattern of meas. 9-11 with opposite footwork and direction.
- 16 Two stamps-and-hold while getting into the position to begin Fig. I.
- 17-31 Repeat Fig. I, but . . .
- 32 Finish taking open shoulder-waist position with outside fist on own hip; Man's back to center of circle.



Continued...

Measures

Pattern



FIGURE II (Melody C): Odsibka [oht-sheep-kah]:

- 1-3 Repeat footwork of meas. 1-3 of Fig. I.
4 Ct 1: Man steps across in front of Woman with R ft; cts 2 & 3: he pivots CW on the R ft, L knee up, and with a wide movement of the arm slaps twice his L thigh with his L hand; meanwhile Woman with 3 small steps moves backward CW.
5-7 With 3 even steps/meas., done on flat ft with knees bent, couple turns CW, Man moving forward, Woman backward.
8 Two stamps-and-hold facing partner; Man's back to center of circle.
9-16 Repeat Fig. II from the beginning.



Repeat the whole dance twice more including the introduction, during which partners balance away and toward each other twice, two hands held. Last time, Figure II is done only once.

THE SONG

Na wierzbowym listku słowik list pisze,
a gdy już napisał, przerwał wiatr ciszę,
przerwał listek, przerwał, zaniósł go wiośnie,
potem przysiadł na sośnie.

I skinęła ręką i wnet wyszło słońce,
słowik strzepnął piórka i po łące
dana, dana poszła piosnka
od samego rana.

Księżyc już się za jasną czapką chmur skłonił,
kiedy wiosna listek wzięła w swe dłonie,
przeczytała słowa, w których był smutek,
żał słowika i nuty.

The Nightingale wrote a letter on a willow leaf,
when he finished it the wind interrupted the silence,
the Nightingale cut off the leaf and carried it to Spring
and then sat on a pine.

Spring waved her hand and the sun came out,
the Nightingale fluttered his feathers
and a song "dana, dana" burst forth in the meadow
on that glorious morning.

The moon went down beyond the pale lining of the clouds
when Spring took the leaf in her hands
and read the words which contained
the sadness and sorrow of the Nightingale.

Dance introduced in 1967 by Ada Dziewanowska. Assistance in writing the directions by Conny Taylor. Please do not reproduce them without Ada's permission: 41 Katherine Road, Watertown, Mass. 02172, tel. (617) 923-9061.