

# ADA'S KUJAWIAK #1

(AH-dahz koo-YAH-vre-ahk)

Kujawiak 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 is, therefore, one of Poland's five national dances (as opposed to numerous regional dances). It is a slow dance, 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 with slightly bent knees. The M performs from time to time more elaborate steps than the W. Kujawiak has many steps and figures. Only a few have been chosen for this arrangement.

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

**Steps**      Basic Step: (Knees slightly bent) Step on L ft (R ft) (ct 1); take a slightly smaller step on ball of R ft (L ft)(ct 2); take small step on L ft (R ft) near other ft (ct 3). Repeat same pattern in next meas with opp ftwk. This is a type of waltz step.

Heel-Step-Step: Step fwd on L heel, knee almost straight (ct 1); step fwd on R (ct 2); step fwd on L (ct 3).

First step is longer than others. Repeat in next meas with opp ftwk.

M Slap-Turn: Step fwd on R (ct 1); pivot CW on R (cts and, 2, and, 3) raising L knee (ct and) and with a wide movement, slap the top (NOT side) of L thigh twice with L hand (ct 2, 3).

Flat Steps: (Three per meas) Flat walking steps with bent knees in even rhythm.

**Starting Position:** Cpls in circle; M and W face each other, M's back to ctr of circle. Fists on own hips, slightly fwd; elbows, also, fwd.

## PATTERN

Meas  
1-4

### INTRODUCTION

M invite W to dance; ptrs face each other inside hands joined.

(cont.)

FIGURE I: AWAY AND TOGETHER, MOVE LOD, CPL TURN

Melody A and B:

- 1-3 Moving LOD, holding free arm out to side without special movement, dance three Basic Steps turning to open away from ptr (meas 1; cts 1, 2, 3), face ptr (meas 2; cts 1, 2, 3), open away (meas 3; cts 1, 2, 3).
- 4 With one Basic Step in place, M leads W from his R side to face him, as he faces LOD. Ptrs assume shldr-shldr pos.
- 5-7 M dances fwd, W bkwd, with three Basic Steps. On last ct, rise slightly on balls of ft in preparation for dip in meas 8.
- 8 Both dip slowly, bending knees and pointing them L (ct 1), and recover by straightening knees (cts 2, 3).
- 9-11 Continue in shldr-shldr pos; both beg L ft; turn CW around each other with three Heel-Step-Steps.
- 12 Two stamps (R, L)(cts 1, 2); ptrs turn so L hips are adjacent (ct 3).
- 13-15 Repeat action of meas 9-11 reversing ftwk and dir.
- 16 Stamp twice (ct 1, 2) and resume starting position for Fig I (ct 3).
- 17-31 Repeat action of Fig I, except:
- 32 Finish facing ptr in open ballroom pos with outside fist on own hip; M's back to ctr of circle.

FIGURE II: AWAY AND TOGETHER WITH SLAP-TURN PATTERN

Melody C:

- 1-3 Repeat action Fig I, meas 1-3, except on last ct 3, M swings L arm down and back in preparation for the two slaps in meas 4.
- 4 M dances one Slap-Turn pattern moving in front of ptr; W moves bkwd with three small Flat-Steps (one Flat Step pattern).
- 5-7 Cpl turns CW (M fwd, W bkwd) with three Flat Step patterns (total of nine steps).
- 8 M stamp R, L; W stamp L, R (cts 1, 2). Finish with M's back to ctr, facing ptr; hold, adjusting weight to M-R, W-L (ct 3).
- 9-16 Repeat action of Fig II, meas 1-8.

INTERLUDE

Note: This is the same musical phrase as the introduction. Ptrs join both hands straight across. Balance bkwd away from ptr, arms extended fwd (meas 1); balance fwd twd ptr, arms extended sdwd (meas 2). Repeat balance bkwd and fwd (meas 3-4).

- 1-96 Repeat with Fig I, repeat dance twice, including INTERLUDE. The last time Fig II is danced only once.

(cont.)

SONG

Na wierzbowy listku słowik list pisze,  
a gdy już napisał, przerwał wiatr ciszę,  
przerwał listek, przerwał, zaniósł go wiosnie,  
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.

Introduced by Ada Dziewanowska  
at the New England Folk Festival  
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