

ADA'S KUJAWIAK NR. 4

(Poland)

Arranged to the tune "Idą drogą dwie dziewczyny" (Two Girls Walk Down the Road), composed by W. Pawelec, available on a cassette from Ada Dziewanowska.

Kujawiak [koo-YAH-vyahk] is a slow turning couple dance in 3/4 meter. It originated in the villages of the Kujawy region, the agricultural lowland of Poland, northwest of Warsaw. Its tunes are romantic, lyrical, and slightly sad. Because of its beauty, the kujawiak spread all over Poland and was embraced by all social strata. As a result, it underwent various transformations and has been ranked as one of the five Polish national dances. Kujawiak is done with simplicity and grace, in a smooth and flowing style. Out of its many steps and figures only a few have been chosen for this arrangement (for more see Kujawiaks No. 1 and No. 3).

FORMATION: Couples around a circle, with Man's back to center. **Partners:** assume the following hold: face each other at a 45° angle (i.e., slightly turned away from each other); with knees relaxed, keeping torso straight, lean slightly forward and slightly away from each other (as a result, partners' knees will be closer to each than the shoulders). Man: hold partner by placing right palm on her back, above waist, Woman: place left palm on partner's right shoulder. Join the free hands in the following way: Man: hold Woman's right forearm, close to her wrist by placing left palm underneath it and thumb over it; Woman: place right palm over Man's Left forearm, close to his wrist, and your thumb around it. This typical kujawiak position gives an impression of a round silhouette of the couple.



Measures

PATTERN

INTRODUCTION

1-4 No action or Man: invite Woman to dance and assume now the above described hold.

I. MOVE IN LOD AND TURN (12 Measures of Melody A)

This Part should be done in a smooth style, without ever breaking the flowing continuity of the movement.

1 Bending knees slightly, with Man-Left and Woman-Right foot take quite a long step forward (Count 1); returning knees to a relaxed position, with Man-Right and Woman-Left foot take another long step forward (Count 2); with Man-Left and Woman-Right foot take a shorter step forward (Count 3).

2 Repeat action of the preceding Measure 1 with opposite footwork but same direction.

3-4 Staying in the same position, beginning with Man-Left and Woman-Right foot, with 6 smaller steps (one per each count) dance together 1 full Counterclockwise turn in place (Man moves backward).

5-12 Repeat the pattern of the preceding Measures 1-4 two more times (3 times in all).

II. AWAY AND TOWARD PARTNER, AND TURN (8 Measures of Melody B, played twice)

1 Assume a different position: release partner but continue facing each other at a 45° angle; join inside hands (Men-Right, Women-Left) at thigh level, and place the outside fist on own hip, or Woman: hold skirt to the side. At the same time, bending knees, with the outside foot (Men-Left, Women-Right) take a small step both in LOD and with a 1/4 turn away from partner (Man-Counterclockwise, Woman-Clockwise) (Count 1); straightening knees more-or-less, extended inside leg (Men-Right, Women-Left) in LOD, with pointed toes touching the floor (Counts 2-3). During the turn, let the joined hands move naturally slightly forward.

2 Repeat the action of the preceding Measure 1 of Part II with the opposite footwork, and direction of the turn and of the joined hands movement.

3-4 Repeat action of the preceding Measures 1-2 of Part II.

- 5-6 Assume another closed (shoulder-shoulder) Kujawiak hold: face partner and each move slightly to your Left; Man: support Woman's rounded arms with your rounded arms by placing your palms just beneath her shoulders; Woman: place your rounded arms on top of Man's rounded arms and your palms on his shoulders. At the same time, beginning with Man-Left and Woman-Right foot, with 6 small steps (one per each count) dance in place 1 Clockwise turn, around each other.
- 7-8 Join overhead Man's Right and Woman's Left hand, and Woman: with 6 steps (one per count) dance under them 1 Clockwise turn in place; Man: help woman turn.
- 9-16 Resuming the position as described in Measure 1 of Part II, repeat the entire pattern of Measures 1-8 of Part II.

III. SWAY AND SPIN (8 Measures of Melody C)

- 1 Assume a new position: face partner, Man's back to center, and extending arms to sides and slightly forward, join hands with partner (Right with Left), with Man's palms up and Woman's down. At the same time, bending knees deeply, feet parallel, step Man-with Left foot sideways to the left and Woman-with Right foot sideways to the right (Count 1); straightening knees gradually, shift all the weight onto Man-Left and Woman-Right foot, and point toes of the other foot (Man-Right, Woman-Left) in place (Counts 2-3).
- 2 Stepping in the same place where the toes of Man's Right and Woman's Left foot were pointed, repeat the action of Measure 1 of Part III with opposite footwork and direction.
- 3 Repeat the action of the preceding Measure 1 of Part III with the same footwork but moving backwards (i.e., away from partner).
- 4 Step forward with Man-Right and Woman-Left foot (i.e. toward partner) (Count 1); bring Man-Left and Woman-Right foot to the side of the other foot and step on it, leaving weight on both feet (Count 2); hold (Count 3).
- 5-7 Assume either shoulder-waist hold (Man: place palms around partner's waist, Woman: place palms on partner's shoulders) or shoulder-shoulder hold (both place palms on partner's shoulders), and leaning away from each other, both beginning with the right foot, with small quick steps (6 per measure), done on flat feet spin Clockwise in place with partner, doing as many revolutions as is comfortable; try to end with Man's back to center. Note: this spinning is called "na talarku" [nah tah-LAHR-koo], turning on a thaler (an old German silver coin).
- 8 Still holding partner, dance 2 soft stamps in place (Right Left) (Counts 1,2), leaving weight on both feet; hold (Count 3).

Assuming the Starting Position, repeat the entire dance once more (this time, there is no introductory music). At the very end, on Measure 8 of Part III, while doing the 2 stamps, Man may extend Right arm diagonally up to the side.