

# ~ Ada's Kujawiak No. 1 ~

Arranged and taught by Ada Dziwanowska.

Record: Muza XL-0203 "Pożegnanie Ojczyzny" (Farewell to My Country), side A, band 3, "Na wierzbowym listku" (On a Willow Leaf). Slow the record slightly. Available from Ada Dziwanowska.

Kujawiak (koo-YAH-vee-ahk) 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 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 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. (For more, see Kujawiak No. 3, p. 17.)

### Steps and Styling:

Basic Step: Keep knees slightly bent throughout this step. Step on L(R) (ct 1); slightly smaller step on ball of R(L) (ct 2); small step on full L(R) ft near other ft (ct 3). Repeat same pattern with opp ftwk. This is a type of waltz step with the first step longer than the other two.

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). The first step is longer than the other two. Repeat same pattern in the next meas with opp ftwk.

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

Flat Steps: (3 per meas) Flat walking steps in even rhythm done with bent knees.

Starting Position: Cpls around the room, M and W face each other, M back to ctr of circle, fists or knuckles on own hips slightly fwd, elbows also fwd.

### Measures

### PATTERN

#### INTRODUCTION

1-4 M invite W to dance; ptrs join inside hands.

#### I. AWAY AND TOGETHER, MOVE LOD, CPL TURN (Figura rozwijana - fee-GOO-rah roh-z-vee-YAH-nah)

1-3 Extending outside arm to side and starting with outside ft, move fwd in LOD with 3 basic steps turning to open away from ptr (meas 1), face ptr (meas 2), open away (meas 3). The outside arms do not do any special movements, but move naturally as the body turns.

4 With 1 basic step, M lead W from his R side across in front of him to finish in shldr-shldr blade pos facing ptr, M facing LOD.

5-7 Move in LOD with 3 basic steps (M-fwd, W-bkwd). On last ct 3 rise slightly on balls of ft in preparation for the dip in meas 8.

8 Both do a slow dip bending knees and pointing them to the L (cts 1,2) then recover by straightening knees (ct 3).

9-11 Still in shldr-shldr blade pos, both beg L ft, turn CW around each other with 3 heel-step-step patterns.

12 Stamp twice, RL (cts 1,2), hold, as ptrs turn L hips adjacent (ct 3).

13-15 Repeat action of meas 9-11 reversing ftwk and dir.

16 Stamp twice as ptrs resume starting pos of Fig I.

17-32 Repeat action of meas 1-16. On last meas finish facing ptr in open ballroom pos with outside fist on own hip, M back to ctr of circle.



(cont.)

II. AWAY AND TOGETHER WITH SLAP-TURN PATTERN (Odsibka i uderzenie  
w udo - oht-SHEEP-kah ee oo-deh-ZHEH-nyeh f OO-doh)

- 1-3 Repeat action of Fig I, meas 1-3, except during meas 3 M swing your L arm down and bkwd in preparation for the 2 slaps in meas 4.
- 4 Moving across in front of ptr, M dance 1 slap-turn pattern, as W moves bkwd with 3 small flat steps.
- 5-7 Cpl turn CW (M fwd, W bkwd) with 3 flat step patterns (9 steps total).
- 8 Stamp M-RL, W-LR (cts 1,2) to finish M back to ctr, facing ptr; hold, adjusting wt to M-R, W-L (ct 3).
- 9-16 Repeat action of meas 1-8 (Fig II).

INTERLUDE

- 1-4 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). NOTE: This is the same musical phrase as the Introduction.

Beg with Fig I, repeat dance twice, including Interlude. The last time Fig 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 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 waived 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 already bowed with his cap of pale 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 April 1967, at the New England Folk Festival, Natick, Mass., by Ada Dziwanowska. Assistance in writing of the original syllabus by Conny Taylor. These directions prepared by Folk Dance Federation of California, Dance Research Committee: Ruth Miller and Dorothy Tamburini. Please do not reproduce the directions without Ada's permission.