Arranged and taught by Ada Dziewanowska. Record: Muza XL-0303 "Folognanie Ojczyzny" (Farewell to My Country), side B, band 6 "Czerwone korale" (Red Beads), 3/4 time.

For information on Kujawiak see p. 7.

Starting Position: Couples around the room (Woman's back to center), facing partner, fists on own waists in front of hip-bones, elbows slightly forward.

1-4 Introduction: sway slightly in place.

PART I (Melody A: 8 meas. played twice)

With 3 steps, beginning Rft, turn slightly CW. With small preliminary flex, place L heel to left diagonal, looking at partner over L shoulder.

3-4 Repeat meas. 1-2 in opposite direction.

5-7 Repeat meas. 1-3.

With two stamps, turn back-te-back, turning CCW.

9-15 Repeat meas. 1-7 back-to-back. There are two changes: the three steps are done to the side, turning body slightly when the heel is placed, to look at partner; and the Woman begins Lft instead of Rft. With two stamps, Man turns CW and Woman CCW, moving to face partner

16 with Man facing LOD, and taking shoulder-shoulder position.

PART II (Melody B: 8 meas. played twice)

1-4 Four side balance steps, Man starting Rft, Woman Lft. With the side step, the hip sways out over the foot, knees are flexed and the step is low.

One complete CW turn in three waltz steps: Man begins forward diagonal R, Woman back L, and the second step is preceded each time by a circular motion of the foot over the floor.

Two stamps, Man again facing LOD.

9-16 Repeat meas. 1-8.

PART III (Melody A: 8 meas. played twice)

Three steps moving in LOD: Man crosses over with Lft in front, Woman crosses with Rft in front; and then two more steps.

Three steps in LOD, Man forward Rft, Woman backward Lft.

Repeat meas. 1-2 twice more. 3-6

Turning right sides to partner, turn once CW with three steps, 7-8 and finish with two stamps, facing partner (Man faces LOD again).

9-16 Repeat meas. 1-8 with Woman turning 1/2 CW on last two stamps to face LOD, slightly to Man's right, R hands joined over Woman's R shoulder.

PART IV (Melody D: 8 meas. played twice) 1-3 With three side balance steps, Man starting Lft, Woman Rft, balance away from partner; then balance in, with Woman crossing in front of partner, looking over R shoulder at him; then balance away again.

Still slightly to R of partner, with 3 steps on bent knees Woman turns CCW under joined R hands, once around, while Man steps in place.

Repeat meas. 1-3.

Two stamps in place.

9-16 Repeat meas. 1-8.

Repeat the entire dance from the beginning; on the third repetition do only Part II. meas. 1-8.

Dance introduced in 1970. Assistance in writing the directions by Marianne Taylor. Please do not reproduce them without Ada's permission.