

Kujawiak—The Dance of Romance

(Poland)



Originating in the Kujawy (Koo-YAH-vy) region of Poland, the Kujawiak is without a doubt the most romantic of Poland's five national dances. So popular are the melancholy rhythms and beautiful movements that it is done in every part of Poland and interpreted by artists around the world. The Kujawiak, due to its slower tempo, is a natural partner to the vibrant and quick Oberek, many of which come from the central region of Łowicz, and is therefore mostly performed by Polish Dance Ensembles in the Łowicz costume (seen here on the right), however, as it is a national dance, it can be done in any of Poland's regional costumes. The Kujawiak is even included in many of today's ballroom dance competitions held in Poland, alongside the Cha Chas and Viennese Waltzes. This beautiful interpretation will take you through the steps of a courtship.

Pronunciation: Koo-YAH-vyahk

Music: *Folk Dances from Poland, Vol. 5, Band 10.*

3/4 meter

Formation: Cpls stand in one circle facing ctr of circle with M standing directly behind ptr. M with fists on waist and W holding skirt on either side.

Steps: Walking step: With knees slightly bent, dancer takes a long step on ct 1 followed by 2 shorter steps on cts 2 and 3. These steps can be varied depending upon the rhythm of the music, but are usually executed lightly and very smoothly. This step can be executed either fwd or bkwd.

Bounce step: Same as Walking step with a slight bounce on each step.

Kolysany: Slow rocking step sideways that requires shifting body wt from one ft to the other using all three cts of the meas. Can also be done fwd and bkwd by first making a 1/4 revolution and then 1/2 revolution.

Kolebany: A combination of Walking step and Kolysany step, done by first making a 1/4 revolution on the first ct and 1/4 revolution with 2 smaller steps, resulting in a 1/2 revolution.

Hands: Individual: M make fists and place on waist / W hold skirt at either side.

Barrel: Stand face-to-face and extend both arms out in front parallel to floor and join hands (M R to W L; M L to W R) with elbows slightly bent to form a circle.

Basket: Standing facing each other, M hold W with flat hands on shldr-blades (M R to W L; M L to W R) and W place arms on top of M's arms.

Open Basket Hold: Very similar to Open Social Dance Pos but with arms placed higher up and free arms extended to either side parallel to floor. Will be done with M on W's R or W's L.

Kujawiak—the Dance of Romance—continued

Social Dance: Partners stand facing each other as in Social Dancing pos with extended arms parallel to the floor.

Open Social-Dance Position: Cpl stand with M R arm around W's waist and his L fist on his hip. W places her L hand on top of ptr's R shldr and holds her skirt with R arm.

Styling: This is a romantic dance and as you go through the various figures which represent a real-life courting process, from an introduction to the full-blown romance, movements and attitude should mirror real-life emotion from shyness to boldness and from elation to contentment.

MeasPattern

chord

INTRODUCTION. Hold. Cpls stand in one circle facing ctr of circle with M standing directly behind ptr. M keep fists on waist, W hold skirt.

I. INTRODUCTION FIGURE

- 1-2 Beg with R, W take 2 Walking steps twd the ctr of the circle and place hands beind back. M holds pos.
- 3-4 W twist upper body slightly to R, then to L. M take 2 Walking steps beg with L twd ctr of circle to end behind ptr and place hands on ptr's waist.
- 5-6 M Kolysany first L, then R, keeping hands on ptr's waist and looking into her eyes. W take hold of skirts and Kolysany to R, turning head to L to look at ptr (meas 5). Take 3 small steps and turn CW 1/2 revolution to face ptr (meas 6).
- 7-8 In Barrel pos, cpls expand circle by taking 2 Walking steps twd outside of circle. M begin bkwd with L / Wfwd with R. Bring both ft together on last ct.
- 9-10 In Barrel pos, cpl turn CW 1/2 revolution with 2 Walking steps, beg L and bringing ft together on last ct. Using all 3 cts of meas 10, switch arm hold to Social Dance pos. M end with backs to ctr of circle.

II. OPENING FIGURE

- 1-2 In Social Dance pos, cpl take 2 Koleyany steps in LOD turning CW 3/4 revolution. M beg L / W beg R.
- 3-4 M facing LOD, leave R arm extended out to side parallel to floor and raise L arm, while continuing to hold ptr's R hand, take 2 Walking steps fwd beg with L, on meas 4 make a 1/4 turn CW to end with back to ctr. W turn 2 times under arm while traveling in LOD. W beg both meas 3 and 4 with R by stepping with R, bringing L beside R, while beg revolution on ct and keeping ft together on ct 3 while finishing revolution. End facing ptr.
- 5-8 Repeat meas 1-4 except that on meas 8, M continue in LOD bringing ft together on last ct and W finish facing LOD in front of ptr.

Kujawiak—the Dance of Romance—continued

III. FLIRTING FIGURE

- 1-2 1 walking step in LOD, M traveling diag out (beg R) / W traveling diag in crossing in front of ptr (beg L) (meas 1). Repeat meas 1 with opp ftwk.
- 3 In place with ft together, M clap hands using large sweeping arm movements and leaving arms out to either side parallel to the floor (ct 1); hold (cts 2,3).
- 4 Stamp fwd with flat R ft (ct 1); stamp fwd with flat L ft (ct 2); hold (ct 3). W hold their skirts and make 2 CW turns using Walking step, 1 per meas and moving slightly LOD.
- 5-8 Repeat meas 1-4. End beside ptr.
- 9-12 Two times Od sie do sie (Away and Toward Each Other): Cpls stand side-by-side holding hands and free arm extended out to side parallel to floor. On first meas take a Kolebany step in LOD away from each other (M beg L and rotate CCW while W beg R and rotate CW so that backs are facing each other). On second meas take Kolebany step in LOD twd each other (M beg R rotating CW and W beg L rotating CCW) so they are facing each other. Never release ptr's hand. Repeat.
- 13-16 Switch to Basket Hold and using Kolebany step, make 1½ CW revolutions in LOD. M beg bkwd with L / W fwd with R. End in Open Social-Dance pos with cpl facing ctr of circle and ft together.

IV. SHOW-OFF FIGURE

- 1 M step fwd twd ctr of circle on R and bring L knee up so upper leg is parallel to floor, raising open L hand in air over knee (ct 1); slap knee two times with L hand (cts 2,3); W take 1 small Walking step (almost in place) beg with L.
- 2 M places L fist back onto hip and steps onto front part of L ft extending R straight to L behind him (ct 1); holds (cts 2,3). W take 1 Walking step with bent knees, beg with R ft bkwd rotating a ½ turn CW around ptr rotating ptr. Cpl end facing out of circle.
- 3-4 Repeat (meas 1-2) twd outside of circle. Cpls end facing ctr.
- 5-6 In Social dance hold, take 2 Bounce steps fwd in a circular motion traveling CCW. M beg R / W beg L. End in orig pos.
- 7-8 M step onto front part of R ft and raise L slightly off the floor beside R (ct 1); hold (cts 2-3). W take 2 Walking steps in a circular motion travelling CCW around ptr rotating ptr. Cpl end facing ctr of circle.
- 9-16 Repeat meas 1-8 except cpls end facing LOD.

IV. RESISTANCE FIGURE

- 1-2 Holding inside hands, M with free arms out to side and W holding skirt, take 2 Stylized Kolysany steps (large step-close steps) to L twd ctr of circle. M take large steps giving the impression that they are coaxing ptr twd ctr.
- 3-4 Using Walking steps for both meas, M beg with L making a 1/2 turn CCW and lead ptr by hand to cross in front of him (meas 3) and make a full revolution CCW in place with arms at sides (meas 4). W beg with L and head twd ctr of circle CCW (meas 3) and make a full revolution CCW in place on ptr's R side with arms at sides. Cpl end facing RLOD with W on M's R.

Kujawiak—the Dance of Romance—continued

- 5-8 Repeat meas 1-4 twd outside of circle with cpl ending facing LOD.
 9-16 Repeat meas 1-8.

V. ROMANTIC FIGURE

- 1 While executing first meas, switch to Open Social-Dance Position. M step fwd in LOD onto R and bring L knee up so upper leg is parallel to floor raising open L hand up in air over knee (ct 1); slap knee twice with L hand (cts 2,3). W take one small Walking step (almost in place) beg with L.
- 2 M place L fist back onto hip and steps onto front part of L ft, extending R straight L behind (ct 1); hold (cts 2,3). W take Walking step with bent knees beg with R bkwd rotating a full turn CW around ptr rotating ptr. Cpl end facing LOD.
- 3-4 Repeat meas 1-2. Cpls end facing LOD.
- 5 Beg with inside ft (M R / W L), free arms extended out on either side, take 1 Walking step away from and back to ptr (M CCW / W CW) to end facing each other with M's back to ctr of circle, and switch to Basket hold.
- 6 Take 1 Kolsany step twd LOD (M to L / W to R) (cts 1,2); stamp ft (M R / W L) (ct 3).
- 7-8 In Basket pos, cpl turn CW 1 full revolution with 2 Walking steps (M beg R / W beg L) (cts 1,2); bring ft together (ct 3). Finish in Open Basket hold with W on M's R facing LOD.
- 9-16 In Open Basket hold with free hand held high, 8 Walking steps (M beg L / W beg R) to travel in LOD rotating CW and switching sides every meas so that on meas 9, M travel across ptr to end facing LOD on her R side. W travel fwd. On meas 10, W travel across with L ending back on ptr's R side while M travel fwd. Each ptr switches sides 4 times (8 meas). On meas 16, cpls end facing ctr of circle in Open Basket hold.
- 17-18 In Open Basket hold with M on L of ptr, take 2 Walking steps twd ctr of circle (M beg L / W beg R).
- 19 Facing ptr, Kolysany in Barrel pos twd ctr (M to L / W to R).
- 20-21 In Open Basket hold with M on R of ptr, take 2 Walking steps twd outside of circle (M beg R / W beg L).
- 22 Facing ptr, Kolysany in Barrel pos twd outside (M to R / W to L).
- 23-24 Switch to Open Social-Dance pos with M on W's L and rotate CCW one full revolution using 2 Walking steps with M going bkwd beg with L and W fwd beg with R.

Repeat Figs I, II, III, IV, V, VI at the end finish facing LOD instead of ctr.

Repeat Figs II, III—emphasize the end of the dance by bending knees deeply and bending heads together.

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