

OD WŁOCŁAWEK

(Poland)

The Kujawiak, of which Od Włocławek (Awd Vvuhd-SLAHV-ick) is a typical example, is a type of dance from the Kujawi district of northern Poland and is characterized by a slow 3/4 meter. The melodies are usually in a minor key and in a sad and romantic mode. This dance was introduced at the 1968 University of the Pacific Folk Dance Camp by Dr. Morley Leyton, a professionally trained exponent of Polish dance.

MUSIC: Records: Buccaneer BC-1000 "Z Gorami, Z Dolinami". Side 1, band 4.
Muza NP-07a, band 2. "Folk Music from Poland" 45 rpm.

FORMATION: Cpls in a circle, ptrs facing, M back to ctr. Inside hands joined low, free hand on hip, fingers fwd, elbows slightly fwd.

STEPS AND STYLING: Waltz*. The dance is lyrical and dreamy throughout. The steps are done as though melting into floor. Ptrs always exhibit awareness of each other. Steps described for M. W do opp unless otherwise indicated.

*Described in volumes of "Folk Dances from Near and Far", published by the Folk Dance Federation of California, Inc., 1095 Market Street, San Francisco, California 94103.

MUSIC 3/4

PATTERN

Measures

INTRODUCTION

- 1 Sway in LOD.
2 Sway in RLOD
3-4 Repeat action of meas 1-2, Introduction.

I. STEP, TOUCH, AND TURN

- A 1 Step in LOD with L ft (ct 1). Hold (ct 2). Touch R next to L, no wt (ct 3).
Joined hands are brought between ptrs in low pos during this meas.
2 Step R to R (ct 1). Hold (ct 2). Touch L next to R (ct 3).
Joined hands are raised high with full arm extension as body bends from waist in LOD.
3 Step L to L (ct 1). Hold (ct 2). Brush R across L (ct 3). Joined hands swing
through low between ptrs.
4 Release hands; small, low leap onto R progressing in LOD and turning away from ptr
(M CCW; W CW) (ct 1). Complete turn stepping L,R (cts 2,3). Rejoin inside hands.
5-16 Repeat action of meas 1-4, (Fig I) three more times. On meas 16 M hold on L (W,R)
(ct 3), and face LOD, inside hands joined at arms length.

II. IN AND OUT

- B 1 Outside hands sweep in so that fingers almost touch ptr's fingers, palms down, as one
waltz step is taken in place, R,L,R (cts 1,2,3). Turn body only slightly twd ptr.
2 Outside hands sweep out, palm up, eyes follow hand, as one waltz step is taken in
place L,R,L (cts 1,2,3). Turn body slightly away from ptr.
3-4 Raise joined hands to form an arch and in six steps ptrs make 1 complete turn twd each
other, going under the arch.
5-8 Repeat action of meas 1-4, (Fig II). On meas 8 M holds on R, W on L (ct 3).
9-10 In ballroom pos cpl turns once CW with two waltz steps, progressing in LOD.
11-12 Retaining joined hands (M L, W R), M walk fwd in LOD with six steps as W turns once
under joined hands with six steps.
13-16 Repeat action of meas 9-12 (Fig II). M hold wt on L (ct 3) of meas 16.

III. CHASE

M and W use same ftwork throughout this Fig. Face LOD, side by side, fists on hips, elbows fwd. Movements are along radius of circle - directly out and in. Maintain eye contact with ptr. Distance travelled depends on whim of each dancer. Flirt with ptr. M R shoulder slightly behind ptr L shoulder when in close proximity.

C 1 Bend knees, keep back straight, lead downward with R shoulder and elbow, step R to R with a sliding motion (ct 1). Hold (cts 2,3).

2 Close L to R, straightening body (ct 1). Hold (cts 2,3).

Note: The body movements of meas 1,2 (Fig III) use all 6 cts. Do not be hurried or abrupt. This is a slow, controlled, somewhat circular movement, evenly spaced over the two meas.

3-4 Same body movements and ftwork as in meas 1-2 (Fig III), but twice as fast: step R to R (ct 1). Hold (ct 2). Close L to R (ct 3). Repeat for meas 4.

5-8 Repeat action of meas 1-4 (Fig III) with opp ftwork and move twd ctr of circle.

9-16 Repeat action of meas 1-8, (Fig III).

IV. COUPLE TURN

M and W use same ftwork throughout this Fig. M R hand around W waist. W R hand on hip, fingers fwd. M and W L hands joined, W L arm extended to L side in front of M about waist high. W rests against M R forearm and his R side. This helps cpl stay close together which facilitates rotation as a cpl. Cpl turns CW as much as is comfortable during meas 1-8, (Fig IV). W dance almost on the spot, using very small steps, as M circles around her.

B 1 On upbeat, R ft sweeps to R and then steps in its previous spot, knee bent (ct 1). Step L to L, bending knees further (ct 2). Step R ft next to L (ct 3). Cpl revolves CW during this meas.

2 Continue to turn CW, repeat action of meas 1 (Fig IV) with opp ftwork.

3 Step R in place (ct 1). Click L heel to R ft (ct 2). Step L (ct 3).

4 Repeat action of meas 3 (Fig IV), exactly.

5-8 Repeat action of meas 1-4 (Fig IV). On ct 3 of meas 8 release hand hold and assume ballroom pos. M do not take wt on L on ct 3 of meas 8.

9-16 Repeat action of Fig II, meas 9-16 (waltz and W turn).

Repeat dance from beginning. Between Fig II and Fig III during the repeat of the dance a musical break of 4 meas occurs. Following action is done.

INTERLUDE

1-2 Repeat action of Fig II, meas 1-2.

3-4 Sweep free hands overhead, fingers almost touching ptrs' (meas 3). Sweep free hands out to side, palms up (meas 4).

NOTE: Fig IV may be replaced by Fig II on all repeats of B music if Fig IV is too difficult for dancers. However, a traffic problem results if both Figures are danced concurrently. In such a situation those dancing Fig II should dance to the outside of the circle, passing those dancing Fig IV.