

Presented by Ada Dziewanowska

Pronunciation: poh-FI-dohkRecord: JA-222 "Tańce Ludowe z Polski - Volume 3" (Folk Dances from Poland), side B, band 11, available from Ada Dziewanowska.

Pofajdok is a polka from the region of Warmia in north-eastern Poland. This part of Poland, often called by the Polish ethnographers by the joint name of Warmia and Mazury [VAHR-myah, mah-ZOO-rih] has a very complex history. From the early Middle Ages these lands were inhabited by the Baltic tribes of Prussians, composed among other people of Warmians. In the XIII century, the Teutonic Knights, under the pretext of bringing Christianity, invaded Prussia. After a long struggle the Knights conquered and almost extinguished the Prussians, but the land continued to be called Prussia. In turn, in a final battle of 1410, the Teutonic Knights were defeated by the Polish-Lithuanian armies, and Pomerania together with Warmia were incorporated into the Polish Kingdom. The inhabitants of Mazovia in central Poland, called the Mazury, came to settle in these parts. After them the region south of Warmia became known as Mazury. In the course of further history, as a result of Poland's partitions at the end of the XVIII century, these lands came under the dominance of the Prussian Germans. Finally, in 1945, as the result of World War II, the region of Warmia and Mazury, with its capital in Olsztyn, became part of the present-day Poland. Because of this complex history, the folklore of Warmia and Mazury is also a complex one, full of various ethnic components. In the general picture of Polish folklore this region represents a bridge between Kaszuby and Kurpie. Elements of Warmia costume exist only in museums, otherwise only reproductions are used in folk dance ensembles.

In Warmia the most popular music is in 2/4 or 2/8 time. There are several ways of dancing the Pofajdok. The description below is based on instructions of Cecylia Rożnowska from Olsztyn, a Warmia folklore authority, and on the books Tańce i Zabawy Warmii i Mazur (Warsaw, 1960) by Maria Drabecka and Folklor Warmii i Mazur (Warsaw, 1978) by Drabecka, Krzyżaniak and Lisakowski. The music of Pofajdok is composed of a 4-meas first part and a 6-meas second part. Both are repeated. There are several versions of the accompanying song. Here is one stanza:

Miała baba pofajdoka, raz, dwa, trzy,
 Wsadziła go na prosioka, raz, dwa, trzy.
 :Prosiok lata jak szalony, bo ma ogon zakręcony, raz, dwa, trzy.:

Pronunciation

Myah-wah bah-bah poh-fi-doh-kah rahs dvah tchih
 fsah-jee-wah goh nah proh-shoh-kah rahs dvah tchih
 proh-shohk lah-tah yahk shah-loh-nih boh mah oh-gohn zah-kren-tsoh-nih
 rahs dvah tchih

Translation

An old woman had a "pofajdok" (a Warmia word meaning a good-for-nothing lad), one, two, three,

She sat him on a piglet, one, two, three.
 The piglet is running like mad, because its tail is curled, one, two, three.

Steps and Styling

The Turning Polka with ptr is done with 3 small, slightly accented steps on bent knees. The first step of each polka is accented the most. This is accomplished by slightly lifting, in preparation, the shldr and the ft which will start the polka, and then bringing them down on ct 1.



Trompanie [trom-PAH-nyeh] is a Warmian word for special kind of stamps. There are 3 of them, done with the same ft, in closed social dance pos, and they take 2 meas: bending the knee of the inside leg, stamp with the edge of the heel of the outside ft, knee straight, bending torso sdwd twd the outside leg and bringing the joined hands down (ct 1 of 1st meas); straighten slightly the inside knee and the torso, bring the joined arms to starting pos, and bending the outside knee stamp with whole ft closer to the other (ct 2 of 1st meas); straighten the inside knee, and

bending torso the other way and bringing joined hands overhead, stamp again with whole ft close to the other (ct 1 of 2nd meas); hold (ct 2 of 2nd meas). Note: with each stamp sing "raz, dwa, trzy" [rahs, dvah, tchih].



Formation:

Cpls around a circle in closed social dance pos, facing M-out, W-in.

PATTERN

Measures

Music 2/4

1-6 INTRODUCTION (Mel B - 6 meas)
No action

1-2 FIGURE I (Mel A - 4 meas repeated)
Dance 2 Turning Polka Steps, making 1 full CW turn and moving in LOD.
3-4 Dance Trompanie.
5-8 Repeat action of meas 1-4.

1-4 FIGURE II (Mel B - 6 meas repeated)
Dance 4 Turning Polka Steps, making 2 full CW turns and moving in LOD.
5-6 Dance Trompanie.
7-12 Repeat action of meas 1-6 (Fig II).

Repeat the whole dance 3 more times (4 times in all).

Dance introduced in the Summer of 1981 at the Stockton and the San Diego folk dance camps, in California, by Ada Dziewanowska. Please do not reproduce these directions without Ada's permission.

*continued...
(CERATA)*

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POFAJDOK

Trompanie, line 6, should read:...with the back edge of....

Line 7, change to read:....knee straight and extend leg in
LOD, bending.....

Add to end if description: Movements are exaggerated.