

Rysiek's Kujawiak (Poland)



According to old tradition, the Kujawiak, which originated in the region of Kujawy was danced in a slow tempo from start to finish. Adopted at large by the majority of Poland's regions it became one of Poland's five national dances. The dance is done in a slow $\frac{3}{4}$ meter tempo, with very lyrical melodies and can be danced by couples or alone and features a wide range of movement in varied tempos from slow to quite lively. During its different phases of development it featured many variants and styles of dancing. The music is romantic and often played melancholically and these melodies are to this day, very popular with composers and artists alike. As it is a national dance, any Polish costumes can be worn for the Kujawiak. This choreography is arranged specifically for non-partners.

Pronunciation: Koo-YAH-vyahk

Music: Pod Kujawską Strzecha (Under a thatched roof in Kujawy)
Folk Dances From Poland, Vol. 2, Band 4

Formation: Individual dancers begin in a checkerboard formation, all facing the same direction, with feet together and hands on their hips (fingers forward and thumb back)

Styling: Non-partner

Basic Steps

Style and Posture

The Kujawiak should be danced with grace and smoothness, with the upper body remaining uplifted and the knees relaxed. Use every count of the measure to execute any of the motions.

It is worth noting that there exists a huge variety of steps and combinations. Only those used in this particular interpretation of the Kujawiak are described below.

Basic step

With knees slightly bent on ct 1 the dancer takes a long step 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 frwd or bkwd.

Kołysany (ko-WHH-sannih)

A slow rocking step sideways that requires shifting the body weight from one foot to the other using all three cts of the measure. Can also be done frwd and bkws by first making a $\frac{1}{4}$ revolution and then $\frac{1}{2}$ revolutions.

Kolebany (ko-LEH-bannih)

A combination of the basic step and the Kołysany done by first making a $\frac{1}{4}$ revolution and then $\frac{1}{2}$ revolutions.

Hołubczyk to Left

(Can be done to the R with opp ftwk) – With wt on L ft, cross R ft in front of L going in the L dir (ct 1), shift wt to R ft and place L heel on floor with toes pointing upwards and leg straight out to the L side close to R ft - always moving in L dir – (ct 2), make a low hop on R ft and while bringing pointed toes downwards to face the floor gently click L heel to R heel in the air and land on R ft. (ct 3)

Double Accent

Putting the required foot down on the floor with a stamp two times in a row. Done on cts 2 and 3 of the measure.

Hand Formations**On the Hips**

Hands on the hips with fingers in front and thumb at back.

Arm(s) out

One arm or both extended out to either side below the hips.
Women often hold their apron on either or both sides.

Figures**Introduction**
(4 meas)

1 - 2

Hold

3 - 4

Beginning with R ft – take 2 basic steps (6 steps) going in a CW direction so as to finish where you start

Fig. 1
(8 meas)

1

Kołysany frwd with wt on R ft and extend R arm out to the R side.

2

Opp ftwk and arm pos to measure 1

3 – 4

2 basic steps bkwns – hands on hips

5

Kolebany frwd with wt on R ft and extend R arm out to the R side.

6

Opp ftwk and arm pos to measure 1

7

Basic step bkwns while turning CW

8

Bend knees, drop shoulders and bow head

Fig. 2
(24 meas)**Fig. 2 (A)**
(8 meas)

1

Hołubczyk to the L

2

Continuing in L dir – basic step CCW

3

Kołysany to the R

- 4 Hop gently on to L ft and execute a double accent with the R ft. Leave wt on R ft on 2nd accent.
- 5 – 8 Repeat meas 1 – 4 with opp ftwk in the R dir

Fig. 2 (B)
(8 meas)

- 1 One basic step, beg with R ft go frwd in a diagonal ↗
- 2 One basic step, beg with L ft go bkwd in a diagonal ↙
- 3 Men – Step on R ft, while bringing L knee up so that the upper L leg is parallel to the floor. R hand should be pos 6 inches over L knee and L arm extended straight up so that L hand is above the head (ct 1) – Slap the L knee with the R hand two times (cts. 2 and 3)
Women – Basic step turning CW
- 4 Hop gently on to L ft and execute a double accent with the R ft.
- 5 – 8 Repeat meas 1 – 4

Fig. 2 (C)
(8 meas)

- 1 Same as Meas 1 in Fig. 2 (B) ↗
- 2 Opp dir frwd ↖
- 3 Step onto flat R ft by placing R ft in line with L approx 1 foot in the R dir (ct 1), Shift wt onto the ball of the L ft by placing it directly behind the R ft and by leaving the heel of the R foot on the floor and by pointing the toes of the R ft upwards (ct 2), Shift wt back to the R ft by rocking slightly frwd placing the R foot flat on the ground and by leaving the L ft behind the R ft.
- 4 Same as meas 3 with opp ftwk in opp dir
- 5 – 6 Repeat meas 1 – 2
- 7 Repeat meas 3 except on ct 1 do a ½ revolution CCW to end facing the opposite direction. Cts 2 and 3 remain the same
- 8 Same as meas 4

Fig. 2
(24 meas)

Repeat Fig. 2 (A) (B) and (C) facing the opp dir. Ending (C) facing the original dir

Introduction
(4 meas)

1 - 2

Kolysany sideways to the R on meas 1 / opp on meas 2, whilst extending both arms out to the side on meas 1 and back on the hops for meas 2

3 - 4

Beginning with R ft – take 2 basic steps (6 steps) going in a CW direction so as to finish where you start

Fig. 1
(8 meas)

1 – 8

Repeat Fig. 1

Dance notes and presentation: Richard Schmidt