

Rysiek's Kujawiak

National Dance of 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 by the majority of Poland's regions it became one of its five national dances. The dance is done in a slow $\frac{3}{4}$ meter tempo, with 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 phases of development it featured many variants and styles of dancing. The music is romantic and often played melancholically. 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 by Richard Schmidt was arranged in 2005 specifically for non-partners.

Pronunciation: koo-YAH-vyahk

Choreographer: Richard Schmidt

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). Women often hold their aprons.

Style: 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.

Meter: $\frac{3}{4}$

Basic step: With knees slightly bent take a long step (1) followed by 2 shorter steps (2, 3). Steps are light and smooth and can be done either fwd or bkwd

Kołysany (ko-WHIIH-sannih): Slow rocking step sideways shifting wt from one ft to the other using all 3 counts of the measure. Can be done fwd or bkwd. *Kołysany fwd to R:* Starting with wt on L, step fwd on R doing $\frac{1}{4}$ turn to R; may be followed by a *Kołysany fwd to L:* Step fwd on L doing $\frac{1}{2}$ turn L

Kolebany (ko-LEH-bannih): Combination of basic step and Kołysany: $\frac{1}{4}$ turn on 1st step of basic step, then $\frac{1}{2}$ turns on 1st step of following basic steps

Hołubczyk (how-oob-CHICK): (to Left) With wt on L, step R across L (1), place L heel on floor with toes pointing upwards and leg straight out to the L (2), make a low hop on R while clicking L heel to R heel in the air with L toes pointed down and land on R ft (3). To do Hołubczyk to R, use opp ftwk.

Meas **Introduction**

1-2 Hold

3-4 Starting R, take 2 basic steps (6 steps) CW to finish in place

Meas **Figure 1**

1 Do Kołysany fwd to R with hands on hips

2 Do Kołysany fwd to L with hands on hips

3-4 With hands on hips, do 2 basic steps bkws

5 Do Kolebany fwd to R extending R arm out to R

6 Do Kolebany fwd to L extending L arm out to L

7 $\frac{1}{2}$ turn to R doing basic step fwd back to place leaving L arm extended out to L

8 $\frac{1}{2}$ turn to R to end facing fwd bending knees, bringing hands back to hips, and bowing head

Meas **Figure 2**

1 Hołubczyk to L (start crossing R in front of L)

2 Do basic step to L doing full turn CCW

3 Kołysany to R (shift wt to R ft)

4 Leap gently onto L ft (1), stamp R beside L (2), stamp R beside L leaving wt on R ft (3)

5-8 Repeat meas 1-4 with opp ftwk to R

Meas **Figure 3**

- 1 With hands on hips, starting R, do basic step fwd diagonally to R
- 2 Starting L, do basic step bkwd diagonally to R
- 3 Men: Step on R fwd diagonally to L while extending L hand up above head and R hand up to shldr ht (1), lift L knee up so that the upper L leg is parallel to the floor and slap L leg with R hand twice (2, 3)
Women: With arms extended out, do basic step starting R doing full turn CW fwd diagonally to L
- 4 Men: Leap gently onto L ft moving hands back to hips (1), stamp R beside L twice (2, 3)
Women: Repeat meas 3 with opp ftwk CCW to L
- 5-8 Repeat meas 1-4

Meas **Figure 4**

- 1 With hands on hips, starting R, do basic step fwd diagonally to R
- 2 Starting L, do basic step fwd diagonally to L
- 3 Step onto R to R (1), step L behind R ft leaving heel of R ft on floor and pointing toes of R ft upwards (2), rock fwd putting wt on flat R ft (3)
- 4 Repeat meas 3 with opp ftwk and direction
- 5-6 Repeat meas 1-2
- 7 Repeat meas 3 except on ct 1 do a ½ turn CCW to end facing the opp direction
- 8 Repeat meas 4

Facing opp direction, repeat Figures 2, 3, and 4, ending facing original direction

Meas **Introduction**

- 1 Kolysany to R (shift wt to R ft) extending both arms out to the side
- 2 Kolysany to L moving hands back to hips
- 3-4 Starting R, take 2 basic steps (6 steps) CW to finish in place

Repeat Figure 1