

KUJAWIAK NIEBIESKI

(Poland)

Kujawiak Niebieski (Koo-yah-vyak Nyeh-byeh-ski) is a dance for W only. It was introduced by Dr. Morley Leyton at the 1969 University of the Pacific Folk Dance Camp.

MUSIC: Record: Muza NPO6; Muza XLO324 B-5; or Bruno 51038 (Zlociste Lany)

FORMATION: W in circle, facing ctr. Free hands on hip, fingers fwd, elbows fwd, except when otherwise specified.

STEPS and Mazur Step: Step fwd on R, bending knees (ct 1). Close L ft to R, bending knees a
STYLING: little more but as wt is placed on L start to straighten knees (ct 2). Step fwd on R with knees straight (ct 3). Next step starts fwd on L.

MUSIC 3/4

PATTERN

Measures

4 Meas INTRODUCTION. No action.

I. STEP-CLOSE, MAZUR TURN

1 Step R to R side turning body slightly in direction of stepping ft (ct 1). Hold (ct 2). Close L to R, no wt (ct 3).

2. Repeat action of meas 1 on opp ft.

3-4 Do 2 basic mazur steps in LOD completing one full turn CW.

5-16 Repeat action of meas 1-4 three times.

II. "THE STEP"

1 Extend R leg directly fwd, knee straight, and step on R heel, toe turned outward R. The upper body moves in opposition, with L elbow brought fwd (ct 1). Step on L in place (ct 2). Close R back to L (ct 3).

2 Repeat action of meas 1 (Fig II) with opp ft and elbow.

3 With ft parallel and together, bounce on heels twice (cts 1, 2). Open heels, keeping toes together (ct 3).

4 Bend knees, keep heels in place and open toes away from each other (ct 1). Keep body still above the waist. Lift and lower heels twice (cts 2, 3).

5-12 Repeat action of meas 1-4 (Fig II) twice.

13-15 Repeat action of meas 1-3 (Fig II).

16 Repeat action of meas 4 (Fig II), cts 1, 2, hold ct 3.

III. HOP-CLICK AND MAZUR

1 Hop lightly on L clicking R heel against side of L (ct 1). Land softly with strong down accent on R, R knee well bent (ct 2). Step L across R turning to face LOD (ct 3).

2 Do 1 mazur step in LOD turning 1/4 CW to end with back to ctr.

3-4 Repeat action of meas 1-2 (Fig. III) on opp ft, continuing to move in LOD and turning CCW to end facing ctr.

5-16 Repeat action of meas 1-4 (Fig III) three times.

4 meas BREAK: With 4 steps make one full turn CW in place.

48 meas Repeat action of Fig I, II, III, meas 1-16.

4 meas BREAK: With 4 steps turn 1-1/4 times in place to face LOD. At end of meas 4 (ct &) swing R leg to side and do breath-like lift of L heel in preparation for next step.

IV. "LITTLE BELLS"

- 1 Keeping ft parallel, step R directly under body, bending R knee and extending L to L side (ct 1). Ft still parallel step onto L to L side, both knees bent (ct 2). Close R twd L lifting L leg to L side (ct 3), and do a light lift of R heel (ct &).
 - 2 Repeat action of meas 1 (Fig IV) on opp ft. On the preceding 2 meas the body should feel like a pendulum, leaning R when ft go L, and L when ft go R. Body is held up-right with fulcrum at breast bone. Accent down with knee bend (ct 1) and further accent with additional knee bend (ct 2). Omit preparatory heel lift before next step.
 3. Moving in LOD, hop on L and lift R knee high, ft fwd (ct 1). Extending R leg, push through heel, and step fwd onto R heel (ct 2). Close L to R (ct 3).
 - 4 Repeat action of meas 3 (Fig IV) adding preparatory lift of R leg to R side and lift on L heel (ct &).
- 5-16 Repeat action of meas 1-4 (Fig IV) three times, turning body to face ctr, and omitting preparatory lift at end of meas 16.

V. BALANCE AND TURN

- 1 At waist level, hand palm down, swing R arm fwd and outward on a curve to R side, palm up. At the same time step slightly fwd on R, turning body slightly CW (ct 1). Step L behind R (ct 2). Step R to L (ct 3).
 - 2 Swing R arm at waist level across body to L side, palm down and step slightly fwd on L, turning body slightly CCW (ct 1). Step R behind L (ct 2). Step L to R (ct 3).
 - 3 Do a small hop on L sweeping R arm at waist level to R to give momentum for 1-1/2 turn CW. Step R ft behind L, bending knees, ft close together (ct 2). Close L to R, completing turn (ct 3). R arm extended about 45° above shoulder. Hand turned so palm is facing twd head. Dancer is now facing LOD.
 - 4 In place click heels 3 times.
- 5-7 Face ctr and repeat action of meas 1-3 (Fig V) with opp ft and hands. Reverse direction of turn and finish facing RLOD, L arm high.
- 8 In place click heels 2 times.
- 9-16 Repeat action of meas 1-8 (Fig. V).