**OD WŁOCŁAWEK**  
(Poland)

The Kujawiak, of which Od Włocławek (Awd Wwud-SLAWY-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:**
- Muza WP-07a, band 2. "Folk Music from Poland" 45 rpm.

**FORMATION:**
- Cpls in a circle, ptsrs 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. Ptsrs 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.

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<th>MUSIC 3/4</th>
<th>PATTERN</th>
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<td>Measures</td>
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<td><strong>I. STEP, TOUCH, AND TURN</strong></td>
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<tr>
<td>A 1</td>
<td>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 ptsrs in low pos during this meas.</td>
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<tr>
<td>2</td>
<td>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.</td>
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<tr>
<td>3</td>
<td>Step L to L (ct 1). Hold (ct 2). Brush R across L (ct 3). Joined hands swing through low between ptsrs.</td>
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<tr>
<td>4</td>
<td>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.</td>
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<tr>
<td>5-16</td>
<td>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.</td>
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| **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 ptsrs 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.