

Sleeping Kujawiak (Poland)

Kujawiak (koo-YAH-vee-ahk), a Polish national dance, originally came from the Kujawy region. This dance was introduced at the Mendocino Camp by Jan Sejda in 1967. It is a slow and tender dance between lovers.

RECORDS: National N5460-A; Bruno 50136 Side A/2 (SLOW RECORD CONSIDERABLY) 3/4 meter

FORMATION: Cpls facing LOD (CCW), W to M R. M hands on hips, fingers fwd, thumbs back; W link L arm through the space formed by the bent elbow of M R arm. Free hands on hips, fingers fwd, thumbs back, unless otherwise specified.

STEPS and Walk*
STYLING: Watch ptr at every opportunity.

*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, California 94541.

MUSIC 3/4

PATTERN

Measures

4 INTRODUCTION No action.

I. BACK-TO-BACK AND FACE-TO-FACE

1 Beg ML, WR, step fwd in LOD, bending knees (ct 1); drag MR, WL toe on the floor in an arc twd LOD as ptrs turn almost back-to-back (gradually straightening knees) (cts 2-3). ML, WR retain wt ~~in place~~.

2 Step down on MR, WL full ft, with bend of knee, to repeat meas 1 with opp ftwk, as ptrs turn face-to-face.

3-8 Repeat meas 1-2 three times (4 total).

II. SWAY AND TURN AWAY

With M back twd ctr of circle take Modified Closed Pos: ptrs face, MR arm around W waist, her L hand on his R shldr. Join ML, WR hands just above each other's wrist, arms curved and held slightly above waist level; W hand on top. Stand with own ft a little more than a ft apart.

1 Without moving ft, lean twd LOD, bending knees slightly (ct 1); straighten knees (cts 2-3).

2 With ft still in place, repeat meas 1, leaning twd RLOD.

3 Retaining Modified Closed Pos, walk 3 steps fwd in LOD (M LRL, W RLR).

4 With both hands on own hips, turn once (M CCW, W CW) with 3 steps (M RLR, W LRL). Progress slightly in LOD.

5-8 Repeat meas 1-4. Both finish facing LOD, M behind W and slightly to her L, in Varsouvienné Pos*.

III. CROSS OVER (Flirting)

1 Change places with ptr with 3 steps (M LRL, W RLR). Move slightly fwd in LOD, as M crosses behind ptr. Keep eye contact under the raised joined hands (ML, WR). Lower other hands.

2 Return to orig with 3 steps (M RLR, W LRL). Continue to flirt with ptr.

3-8 Repeat meas 1-2 three times (4 total).

Note: The first step of each of the above meas should be long and should get the person nearly across to the opp side; steps 2 and 3 are small, done almost in place. Orig notes indicate that this Fig may beg MR, WL.

IV. SLEEPING

Take Modified Closed Pos (as in Fig II). W rest her head on top of her L hand on MR shldr, as if in sleep.

- 1 Beg ML, WR, step fwd in LOD (ct 1); draw trailing ft (MR, WL) to supporting ft and hold it just above supporting ankle (like a stork) (ct 2-3).
- 2 Repeat meas 1 with opp ftwk.
- 3-8 Repeat meas 1-2 three times (4 total).

V. WAKING

- 1-4 Beg ML, WR, cpl turn CCW in place (M on the spot, W moves around him) with 12 tiny bouncy steps (3 per meas), as W slowly awakens raising her head. On meas 4, ct 3, M stamp R.
 - 5-8 Suddenly take shldr-waist pos* and leaning away from ptr, turn CW in place, up on the balls of the ft, with 24 tiny steps (cts 1,&,2,&,3,& per meas).
- 40 meas Repeat entire dance.

INTERLUDE

- 1 At end of dance, release ML, WR hand; MR arm is still around W waist, her L on his shldr. Take 3 steps in place (M LRL, W RLR), opening out to face LOD, as outside hands move out to sides, shldr level, palms up.
 - 2 With 3 small steps in place (M RLR, W LRL), return momentarily to shldr-waist pos,
 - 3 With hands on own hips, turn once away from ptr (M CCW, W CW) with 3 steps (M LRL, W RLR). There is very little progression on this turn.
 - 4 Facing ptr, hands on hips, posture erect, stamp 3 times (M RLR, W LRL).
- 40 meas Repeat dance once more (not the Interlude).

Description written July 1984

