

POFAJDOK
(Poland)

Pronunciation: poh-FI-dohk

Pofajdok is a polka from the region of Warmia in north-eastern Poland. This part of Poland, often called by the Polish ethnographers by the joint name of Warmia and Mazury (VAHR-myah, mah-ZOO-rih) has a very complex history. From the early Middle Ages these lands were inhabited by the Baltic tribes of Prussians, composed among other people of Warmians. In the XIII century, the Teutonic Knights, under the pretext of bringing Christianity, invaded Prussia. After a long struggle the Knights conquered and almost extinguished the Prussians, but the land continued to be called Prussia. In turn, in a final battle of 1410, the Teutonic Knights were defeated by the Polish-Lithuanian armies, and Pomerania together with Warmia were incorporated into the Polish Kingdom. The inhabitants of Mazovia in central Poland, called the Mazury, came to settle in these parts. After them the region south of Warmia became known as Mazury. In the course of further history, as a result of Poland's partitions at the end of the XVIII century, these lands came under the dominance of the Prussian Germans.

Finally, in 1945, as the result of World War II, the region of Warmia and Mazury, with its capitol in Olsztyn, became part of the present-day Poland. Because of this complex history, the folklore of Warmia and Mazury is also a complex one, full of various ethnic components. In the general picture of Polish folklore this region represents a bridge between Kaszuby and Kurpie. Elements of Warmia costume exist only in museums, otherwise only reproductions are used in folk dance ensembles.

In Warmia the most popular music is in 2/4 or 2/8 time. There are several ways of dancing the Pofajdok. The description below is based on instructions of Cecylia Rożnowska from Olsztyn, a Warmia folklore authority, and on the books Tańce i Zabawy Warmii i Mazur (Warsaw, 1960), by Maria Drabecka and Folklor Warmii i Mazur (Warsaw, 1978) by Drabecka, Krzyżaniak and Lisakowski.

Steps and Styling:

The Turning Polka with ptr is done with three small, slightly accented steps on bent knees. The first step of each polka is accented the most. This is accomplished by slightly lifting, in preparation, the shldr and the ft which will start the polka, and then bringing them down on ct 1.

Trompanie (trom-PAH-nyeh) is a Warmian word for special kind of stamps. There are three of them, done with the same ft, in closed social dance pos, and they take 2 meas: bending the knee of the inside leg, stamp with the edge of the heel



POFAJDOK (continued)

of the outside ft, knee straight, bending torso sdwd twd the outside leg and bringing the joined hands down (ct 1 of 1st meas); straighten slightly the inside knee and the torso, bring the joined arms to starting pos, and bending the outside knee stamp with whole ft closer to the other (ct 2 of 1st meas); straighten the inside knee, and bending torso the other way and bringing joined hands overhead, stamp again with whole ft close to the other (ct 1 of 2nd meas); hold (ct 2 of 2nd meas). Note: with each stamp sing "raz, dwa, trzy" (rahs, dvah, tchih).

Record: JA-222 "Tańce Ludowe z Polski - Volume 3" (Folk Dances from Poland), side B, band 11.
2/4 meter.

Formation: Cpls around a circle in closed social dance pos, M facing out, W in.

MeasPattern

INTRODUCTION (Melody B - 6 meas)
1-6 No action.

FIGURE I. (Melody A - 4 meas repeated)
1-2 Dance two Turning Polka Steps, making one full CW turn and moving in LOD.
3-4 Dance Trompanie.
5-8 Repeat action of meas 1-4.

FIGURE II. (Melody B - 6 meas repeated)
1-4 Dance four Turning Polka Steps, making two full CW turns and moving in LOD.
5-6 Dance Trompanie.
7-12 Repeat action of meas 1-6.

Repeat the whole dance three more times (four times in all).

The music of Pfajdok is composed of a 4-meas first part and a 6-meas second part. Both are repeated. There are several versions of the accompanying song. Here is one stanza:

POFAJDOK (continued)

Miała baba pofajdoka, raz, dwa, trzy,
 Wsadziła go na prosioka, raz, dwa, trzy.
 :Prosiok lata jak szalony, bo ma ogon zakrecony, raz, dwa, trzy.:

Pronunciation

Myah-wah bah-bah poh-fi-doh-kay rahs dvah tchih
 fsah-jee-way goh nah proh-show-kah rahs dvah tchih
 proh-shohk lah-tah yahk shah-loh-nih boh mah oh-gohn zah-kren-
 tsoh-nih rahs dvah tchih

Translation

An old woman had a "pofajdok" a Warmia word meaning a good-for-
 nothing lad), one; two, three,
 She sat him on a piglet, one, two, three.
 The piglet is running like mad, because its tail is curled,
 one, two, three.

Dance introduced in the summer of 1981 at the Stockton and the
 San Diego folk dance camps, in California, by Ada Dziewanowska.
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Presented by Ada Dziewanowska