

# FOLK DANCES

FROM

NEAR and FAR

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## NEAR and FAR

VOLUME I

Descriptions Prepared by  
The Research Committee  
of the  
FOLK DANCE FEDERATION OF CALIFORNIA

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### PREFACE

folk dancing is a living human activity. This being true, changes and variations in the spirit and pattern of the dances occur as they are performed by ethnic groups far from the home lands which nurtured the dances. Some of these changes are made unwittingly and some are made intentionally.

The Research Committee of the Folk Dance Federation of California was established for the following purposes: (1) to determine authentic forms of dances that are of interest to the Federation; (2) to furnish material which will aid in teaching the dances and give assistance to new Federation members wishing to learn them; and (3) to provide descriptions of dances popular with the membership so that some uniformity in the performance of the dances might be attained at festivals.

These descriptions represent the work of the Committee for the first year. Most of the material presented was originally issued as a series of separate sheets. The material has been revised and edited for this publication.

To shorten the description of the dances, frequently occurring step patterns, positions, and figures have been described in the introductory section. These are designated in the dance descriptions by an asterisk. The dance descriptions are grouped in accordance with the plan of classification used in the list of references.

The Research Committee

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Berkeley, California  
August, 1945

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## Dance Descriptions

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LIST OF ABBREVIATIONS

|       |                                                |
|-------|------------------------------------------------|
| L     | left (side or direction), left foot, left arm. |
| R     | right, right foot, right arm.                  |
| M     | man, man's, men.                               |
| W     | woman, woman's, women.                         |
| ct.   | count or beat (of a measure of music).         |
| cts.  | counts.                                        |
| meas. | measure (of music).                            |
| fwd   | forward                                        |
| sdwd  | sideward                                       |
| bwd   | backward                                       |

REFERENCE LIST FOR FOLK DANCES

The following list of references on folk-dance material has been selected to include only items which are available by purchase or which can be consulted readily in most large libraries.

For convenience in arrangement the items have been classified by national groups, except for those which are general works or include dances from numerous national groups. (LC) --

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### TERMS FREQUENTLY USED IN FOLK DANCE DESCRIPTIONS

Folk dances are composed of recurring patterns of position and movement. To clarify the description of the dances, it is convenient to refer to these patterns by name. In this introduction, terms which frequently appear in the dance descriptions are explained.

Three types of patterns are listed: (a) dance positions, which comprise the attitude or disposition of the parts of the body of a single dancer, the relation of one dancer to another, and hand grasps or holds; (b) step patterns, which are well-defined, characteristic foot movements; (c) figures, which are recognizable sequences of step patterns, positions, and group movements that form patterns common to many dances.

### DANCE POSITIONS

#### 1. Closed Position ("Ballroom" or "Waltz" Position)

Partners face each other, M has R arm around W waist; W has L hand on M R shoulder. M holds W R hand in his L hand at about shoulder level, elbows bent.

##### Swedish and Danish Waltz Hold

Same as for Closed Position, except that the arms are kept at shoulder height with M L and W R elbows straight.

#### 2. Open Position

Partners are side by side both facing in the same direction, with W at R of M. M has R arm around W waist; W has L hand on M R shoulder. In Danish folk dances the free hand usually hangs loosely by the side. In Swedish folk dances, whenever free, the hand is placed on the hip. In some folk dances, M L hand is joined with W R hand.

#### 3. Shoulder-Waist Position ("Folk" Position)

Partners face each other. M has hands on W hips; W has hands on M shoulders. The arms are held fairly straight.

#### 4. Cross Hold

Partners face each other. Hands are joined, M R with W R and M L with W L.

#### 5. Varsouvienne Position ("Russian" Position)

Partners face in same direction, W to R and slightly in front of M. M holds W L hand in his L hand at shoulder height, M R arm is extended across in back of W R shoulder and M holds W raised R hand in his R hand.

#### 6. Promenade Position (Side-Cross-Grasp Position)

Partners are side by side, both facing in the same direction with W at R of M. Hands are joined, M R with W R, and M L with W L. M R arm is over W L arm.

#### 7. Cross-Back-Hold Position

Similar to hold for Promenade Position except that arms are crossed in back, and hands are held in back of dancers.

#### 8. Back-Hold Position

Partners face in opposite directions, with R sides toward each other. M R arm crosses under W R arm, and his R hand joins her L hand behind her back. Similarly W R arm crosses under M R arm, and her R hands joins his L hand behind his back.

### 9. Square-Dance-Swing Position

Partners are in Closed Position except that each is moved slightly to the L, so that they are R hip to R hip; the outside of the M R foot is fairly close to the outside of the W R foot. While performing a turn in this position, the dancers should lean away from each other slightly.

### 10. Hungarian-Turn Position (This position occurs frequently in Slavic dances)

Partners face in opposite directions. For clockwise turn M R side at W R side. Each has R hand on partner's L hip, with L arm curved overhead. For counter-clockwise turn, the position is reversed. Partners should lean away from each other slightly.

A Variation of the Hungarian-Turn Position is as follows: Partners are in Shoulder-Waist Position with each dancer moved slightly to the L, bringing R hip toward R hip.

## STEP PATTERNS

Step patterns, which are frequently referred to as steps, are essential elements in folk dance descriptions. A step, in the usual sense, is a transference of weight from one foot to the other. A step or step pattern in dance terminology refers to characteristic foot movements, described in terms of direction of movement, relation of feet to each other, and rhythmic pattern when it is a distinct quality of movement. Step patterns are accompanied by supplementary trunk and arm movements and frequently by characteristic positions or attitudes.

All step patterns are made up of the fundamental forms of locomotion used singly or in combination. To aid in the analysis of step patterns, the fundamental forms of locomotion will be defined.

To facilitate descriptions of timing, reference is made to the musical beat. In moderate tempo, there are about 90-100 beats per minute. In the descriptions which follow, the quarter note is taken to represent the time duration of one beat,

### A. Fundamental Forms

#### 1. Walking Step

A walking step is an even transference of weight from one foot to the other, with one foot always in contact with the floor. Taken in moderate tempo, a walking step has the duration of one beat. The step may be taken in any direction.

|      |   |   |   |   |      |
|------|---|---|---|---|------|
| Beat | 1 | 2 | 3 | 4 | etc. |
|      | ↓ | ↓ | ↓ | ↓ |      |
|      | R | L | R | L | etc. |

#### 2. Gliding Step

A gliding step is a variation of the walking step and involves an even transference of weight from one foot to the other. The ball of the advancing foot remains in contact with the floor.

#### 3. Running Step

A running step is an even transference of weight from one foot to the other at a faster tempo than a walk. Both feet are momentarily off the floor at the height of the running step. Taken at moderate tempo there are two running steps to a beat.

|      |    |    |    |    |      |
|------|----|----|----|----|------|
| Beat | 1  | 2  | 3  | 4  | etc. |
|      | ↗  | ↘  | ↗  | ↘  |      |
|      | RL | RL | RL | RL | etc. |

In some folk dances there occurs a "triplet" run in which case three running steps are taken to a beat.

|      |     |     |      |
|------|-----|-----|------|
| Beat | 1   | 2   | etc. |
|      | ↗↘↗ | ↘↗↘ |      |
|      | RLR | LRL | etc. |

#### 4. Leaping Step

A leap is an even transference of weight from one foot to the other with greater height and spring than in the running step. Both feet are always off the floor at the height of the leap. Taken in moderate tempo, a leaping step has the duration of one beat.

#### 5. Hopping

A hop is made by springing from one foot and landing on the same foot. When a series of hops are taken consecutively in moderate tempo, each hop has the duration of one beat; when a hop is taken in combination with other steps, its duration is usually less than a beat.

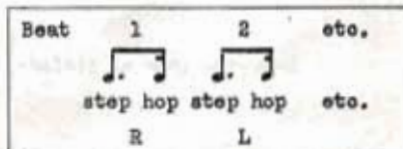
#### 6. Jumping Step

A jump is made by springing from one or both feet and landing on both feet simultaneously. Taken in moderate tempo, a jump usually has the duration of one beat.

Skipping, sliding, and galloping are combinations of two of the above fundamental steps and have an uneven rhythmic quality.

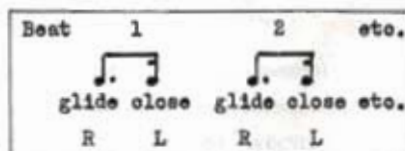
#### 7. Skipping Step

A skip is a step-hop on one foot, followed by a similar action on the other foot. When taken in moderate tempo, the skip has the duration of one beat with each part timed as indicated in the diagram.



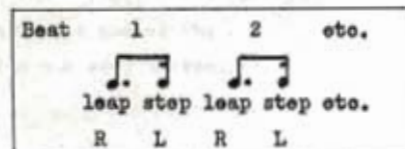
#### 8. Sliding Step

A slide is composed of a smooth leading step on the ball of the advancing foot (gliding step) and a quicker closing step with the other foot. In a series of slides, the same foot always leads. When taken in moderate tempo, the sliding step has the duration of one beat with each part timed as indicated in the diagram.



#### 9. Gallop

A gallop is made up of a leap and a quicker closing step. The knees are lifted higher than in a slide. In a series of gallops, the same foot always leads. When taken in moderate tempo, the gallop has the duration of one beat with each part timed as indicated in the diagram.



### B. Frequently-used Step Patterns

#### 10. Balance -- see "Waltz Balance"

#### 11. Bleking Step ( $2/4$ time)

With a low jump, the L foot is extended fwd with the heel touching the floor, and the toe raised (ct. 1); a pause is made in this position (and); with a low jump the position of the feet is reversed so that the R foot is fwd (ct. 2); a pause is made in this position (and); the feet are reversed in three quick successive changes. L fwd (ct. 1); R fwd (ct. and); and L fwd (ct. 2); hold (ct. and). The rhythm of this entire sequence is then: L (ct. 1, and); R (ct. 2, and); L (ct. 1); R (ct. and); L (ct. 2, and). This sequence may then be repeated starting with R foot fwd.

The step is danced in place and often facing a partner, with both hands joined and held shoulder high. The arms are moved fwd and bwd with the changing of the feet.

In a variation of the step, the foot is placed fwd, flat on the floor, toe not turned up.

12. Break Step--see "Hungarian Break Step"

13. Buzz Step

The dancer turns clockwise, pushing off with the L toe on the up-beat (ot. and), and stepping approximately in the same place each time with the R foot, on the beat of the music (ot. 1). Continue in the same rhythm for successive repetitions. When danced with a partner, use Square-Dance-Swing Position.

14. Chasse (Shass-say) Also spelled Chassez, and in some dances of the western U. S. A., Sashay (Sash-shay)

The chasse has been described as a "chasing" step -- one foot chasing the other, driving the body in the direction desired. It is a gliding step followed by a closing step, usually taken in a sldw direction. In some western U. S. A. square dances, the usual step pattern is a glide-close-glide-close-glide (-hold); in many European dances it is a glide-close-glide (-hold).

|      |                                                                                   |                                                                                    |      |
|------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------|
| Beat | 1                                                                                 | 2                                                                                  | etc. |
|      |  |  |      |
|      | glide close                                                                       | glide close etc.                                                                   |      |
|      | R L                                                                               | R L etc.                                                                           |      |

15. Closing Step

The foot which is not supporting the weight is brought to a position close to or beside the other foot.

16. Country Dance Step

This is essentially a walking step, done with a very smooth, light, somewhat shuffling gait, taken in time to a promenade rhythm. Lightness is achieved by keeping the knees "easy", trunk erect and arms loose with elbows slightly bent. A slight swagger gives style to the step.

17. Cut Step

A cut step is a quick displacement of one foot by the other. To perform a side cut step to the L, stand with the weight on the L foot, R toe touching to the side or lifted from the floor. Swing the R foot toward the L foot, leaping on it and displacing the L foot sldw. The cut step is similarly performed fwd or bwd.

18. Dal Step (3/4 time)

This is done by stepping fwd on R foot (ot. 1); bending the R knee slightly (ot. 2); straightening the knee and then lifting the heel of the R foot, while at the same time swinging the L leg slightly across in front of the R with ankle and knee extended and the foot lifted about 6 or 8 inches above the floor (ot. 3). Similar action may be taken starting with the L foot. Care should be taken not to scuff the foot which is swung fwd. It is a smooth flowing step.

19. Hop-step Step

With L knee and leg bent bwd slightly, hop on R foot (ot. and); step fwd on L foot (ots. 1, and); step fwd on R (ot. 2); continue with hop on R foot on up-beat each

|                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                      |                                                                                       |                                                                                       |      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------|
| Beat and                                                                            | 1                                                                                   | 2                                                                                   | and                                                                                 | 1                                                                                    | 2                                                                                     | and                                                                                   | etc. |
|  |  |  |  |  |  |  |      |
| hop                                                                                 | step                                                                                | step                                                                                | hop                                                                                 | step                                                                                 | step                                                                                  | hop                                                                                   | etc. |
| R                                                                                   | L                                                                                   | R                                                                                   | R                                                                                   | L                                                                                    | R                                                                                     | R                                                                                     |      |

time. The step may also be done with the hops on the L foot. This step is frequently used in turning with a partner.

20. Hopsa Step ( $\frac{4}{4}$ ,  $\frac{2}{4}$ , or  $\frac{3}{4}$  time)

This step is taken while turning with a partner, in closed or in shoulder waist position, and is danced with the same rhythm as the Pas de Basque step. The step begins alternately on R and L feet. Example for starting on the R:

|                                  | $\frac{4}{4}$ time | $\frac{2}{4}$ time | $\frac{3}{4}$ time |
|----------------------------------|--------------------|--------------------|--------------------|
| Leap on R foot . . . . .         | ct. 1              | 1                  | 1                  |
| Step with L behind R . . . . .   | ct. 2              | and                | 2                  |
| Step with R fwd in place . . .   | ct. 3              | 2                  | 3                  |
| Bend R knee slightly for leap to |                    |                    |                    |
| L foot at start of next meas. .  | ct. 4              | and                |                    |

21. Tyroler Hopsa Step ( $\frac{3}{4}$  or  $\frac{2}{4}$  time)

Partners are side by side, both facing in the same direction, inside hands joined. Step may be danced in place or while moving fwd. Starting with outside foot, turn slightly away from partner doing the step described below, and swinging joined hands fwd; then starting with inside foot, do the step, turning slightly toward partner and swinging joined hands bwd. Example for starting on the R:

|                                           | $\frac{3}{4}$ time | $\frac{2}{4}$ time |
|-------------------------------------------|--------------------|--------------------|
| Leap diagonally fwd on R foot . . . . .   | ct. 1              | 1                  |
| Step L in front as in Pas de Basque . . . | ct. 2              | and                |
| Step R in place . . . . .                 | ct. 3              | 2, and             |

22. "Hungarian" Break Step

Hop on L while touching R toe to the floor in front of the L (ct. 1); hop on same (L) foot while touching R toe to floor sdwd to R (ct. 2); hop on same (L) foot while closing R foot to L foot with a click of the heels (ct. 3); hold (ct. 4).

23. Jig Step ( $\frac{2}{4}$  time)

The jig step is a step on alternate feet in even time. Step with R foot directly behind L heel (ct. 1); hop on R foot while swinging the L foot bwd in a small arc around the R ankle (ct. and); step L foot directly behind R heel (ct. 2); hop on L foot while swinging the R foot bwd in a small arc around L ankle (ct. and). Knees should be well turned out.

24. Mazurka Step ( $\frac{3}{4}$  time)

While the music for the mazurka is in  $\frac{3}{4}$  time, the accent is given to the second beat of the meas. rather than the first as in waltz music. The mazurka step is usually danced sdwd or

diagonally fwd. If moving to the L, the step pattern would be as follows: Take a gliding step sdwd L with L foot (ct. 1); close R foot

|      |       |     |     |   |       |     |     |      |
|------|-------|-----|-----|---|-------|-----|-----|------|
| Beat | 1     | 2   | 3   | : | 1     | 2   | 3   | etc. |
|      | ↓     | ↓   | ↓   | : | ↓     | ↓   | ↓   |      |
|      | glide | out | hop | : | glide | out | hop | etc. |
|      | L     | R   | R   | : | L     | R   | R   |      |

to L foot with a "out" step (see definition) (ct. 2); hop on R foot and at the same time bend the L knee (ct. 3). This may be continued to the L with the same pattern. The L knee should be well turned out and the L foot brought in close to the R ankle.

25. Pas de Basque ( $\frac{3}{4}$ ,  $\frac{6}{8}$ ,  $\frac{2}{4}$ ,  $\frac{4}{4}$  time)

The step begins alternately on R and L feet. Example for starting on R foot:

|                                           | $\frac{3}{4}$ time | $\frac{2}{4}$ time |
|-------------------------------------------|--------------------|--------------------|
| Leap sdwd (or diagonally fwd) on R foot . | ct. 1              | 1                  |
| Step with L foot in front of R foot . . . | ct. 2              | and                |
| Step bwd in place with R foot . . . . .   | ct. 3              | 2, and             |

A variation often found in Swedish dances is as follows. Example for starting R:

3/4 time

Describing a circular swing R with the R leg, leap  
diagonally fwd on R foot . . . . . ct. 1  
Step fwd with L foot in front of R . . . . . ct. 2  
(Often the R foot is lifted bwd from the floor and  
L knee slightly bent)  
Close R foot behind L foot . . . . . ct. 3

## 26. Polka Step (2/4 time)

This step pattern is "hop-step-close-step", with the quick hop coming on the latter part of an up-beat. The rhythmic pattern is shown in the diagram following.

|       |                         |                     |      |
|-------|-------------------------|---------------------|------|
| Meas. | 1                       | 2                   | etc. |
| Beat  | 1 2                     | 1 2                 |      |
| Ct.   | ah 1 and 2, and ah      | 1 and 2, and ah     | etc. |
|       |                         |                     |      |
|       | hop step close step hop | step close step hop | etc. |
|       | L R L R R               | L R L L             |      |

## 27. Cross Polka

This is the same as the basic polka step described above in step pattern and rhythm except that on the up-beat, the free foot is swung in a small arc across in front of the foot making the hop.

## 28. Czech or Russian Polka

This polka step omits the hop on the up-beat, leaving "step-close-step":  
Step (ct. 1); close (ct. and); step (ct. 2); hold (ct. and).

## 29. Running Polka

This variation of the polka step is frequently found in Slavic dances and consists of 3 running steps to each meas.: Run (ct. 1); run (ct. and); run (ct. 2); hold (ct. and).

## 30. Heel-Toe Polka

If the L foot is the starting foot, the heel of the L foot is touched to the floor in front (toe up) (cts. 1, and); then the toe of the same foot (L) is touched to the floor in back (heel up) (cts. 2, and). A slight hop may be taken on the R foot as the L heel is placed fwd and again as the L toe is placed bwd. The basic polka step, which then follows, starts on the L foot.

## 31. Promenade

Partners walk side by side over designated course, eg. "around the square". In simple forms the W takes M R arm and they walk in time with the music. In many country dances, the take Promenade Position (see definition) and advance counter-clockwise around the circle or square with any one of the following steps: Country Dance Walking Step (Western style), Two-step (Eastern style), Waltz step, etc.

## 32. Push Step (2/4 time)

If making the first of a series of push steps to the R, place the L toe sdwd making a light pushing step (ct. and); step sdwd R on R foot with a short "chugging" step (ct. 1). Continue in same rhythm. Arm movements vary according to the nationality of the dance.

### 33. Schottische Step (4/4 time)

This step may be danced while moving fwd, diagonally fwd, sdwd, or in place. The pattern is: Step fwd R (ct. 1); close L to R (ct. 2); step fwd R (ct. 3); hop on R (ct. 4). On the hop the free foot is swung fwd. Repeat starting with L foot.

The Schottische step, as it is sometimes done in American barn-dance style is: 3 running steps fwd R L R (cts. 1,2,3); hop R (ct. 4); repeat starting with L foot. On the hops, the free foot is swung fwd.

### 34. Side Step with Heel Clicks (3/4 time)

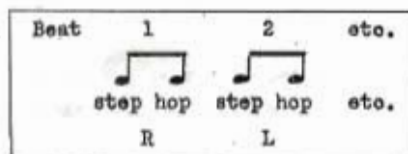
Step sdwd L with L foot (ct. 1); step across L with R foot (ct. 2); hop on R foot and while weight is off the floor, click heels together (ct. 3). Knees should be straight while clicking heels. Step may be done starting to R.

### 35. Step-Close

A step taken in any direction, followed by a closing step made by the free foot to the supporting foot.

### 36. Step-Hop

A step-hop is a step and a hop on the same foot; each action has the same duration, as indicated in the diagram.



### 37. Step-Swing (2/4 or 4/4 time)

Step L (ct. 1); swing R leg fwd (ct. 2). Repeat step pattern by stepping R (ct. 1); swinging L leg fwd (ct. 2). A light hop is usually taken on the supporting foot at the time the free foot is swung fwd.

### 38. Toe-Heel-Touch-Kick Step (Hungarian Star, Caillag) (4/4 time)

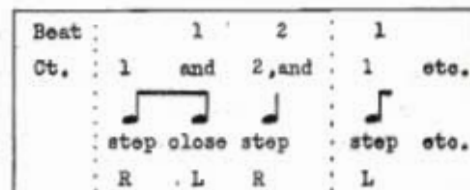
Hop on L foot and at the same time touch R toe to side, heel up (ct. 1); hop on L foot and at the same time touch R heel to side (ct. 2); hop on L foot and at the same time point R toe in front of L toe (ct. 3); hop on L foot and at same time swing R leg diagonally fwd (ct. 4). Repeat, hopping on R foot.

### 39. Touch-extend-step-step-step (2/4 time)

Hop on L foot and at the same time touch R toe in front of L toe (ct. 1); hop on L foot and at the same time extend R toe fwd with a quick extension of the knee (ct. 2); take 3 quick steps R L R, either as a run fwd or step in place according to the particular dance (cts. 1, and, 2); hold (ct. and). Repeat, hopping on R foot.

### 40. Two-Step (2/4 time)

The two-step is a step-close-step, timed as indicated in the diagram. Step with the first foot (ct. 1); close with the other foot (ct. and); step with the first foot (ct. 2); hold (ct. and). It is usually danced to 2/4 time but may be done to 6/8 time when counted as 2 beats to meas.



### 41. Waltz (3/4 time)

The traditional American waltz step is: Step L (ct. 1); step R (ct. 2); close L to R (ct. 3). Step R (ct. 1); step L (ct. 2); close R to L (ct. 3), etc.

The waltz step may be danced moving in any direction, or while turning. It is danced in a variety of styles. For greater detail, a good teacher or an authoritative text may be consulted. 2 books of value are: Ref 126, and Murray, How to Become a Good Dancer, Simon and Schuster, 1942

42. Waltz Balance (3/4 time)

Step R in any direction (ct. 1); close L to R, while raising heels slightly off the floor (ct. 2); lower the heels (ct. 3).

43. Tyrolian Waltz Step (3/4 time)

Glide L foot diagonally fwd (ct. 1); glide R foot fwd, passing or slightly brushing L heel (ct. 2); close L to R (ct. 3).

C. Supplementary Leg Movements, and Turns

44. Fling or Kick

This is a forcible extension of one leg in any direction; beginning with the knee slightly bent, and with sufficient carry-through so that the leg is straightened when maximum extension is reached.

45. Swing (of the leg)

A swing is a lift of the leg from the hip with less force expended than in a fling or kick.

Turn--Individual

46. Buzz-step Turn

The dancer turns with one foot remaining practically on the same place on the floor while he pushes or propels himself with the other (see definition of Buzz Step)

47. Pirouette

A turn in which the dancer pivots through at least one full revolution without appreciable transfer of weight. The sequence of action for one form of pirouette is as follows: Place weight on R foot; cross L in front of R and place L toe on L side of R foot; transfer weight to both feet and turn clockwise through one revolution, ending with weight largely on L foot and facing same direction as at start of action. The feet are now crossed with the R foot in front, R toe pointed to L.

48. Pivot Turn

A pivot turn is a spin on one foot, not involving a transfer or shift of weight.

49. Three-Step Turn

A three-step turn is a full turn made with 3 steps, starting on the foot in the direction of the turn. If turning to the R, step adwd R (ct. 1); make a half turn R stepping with the L foot (ct. 2); continue with a half turn R stepping with the R foot. Finish, facing in the original direction.

Turn--With Partner (Swing, Swing Partner)

In performing a turn with partner, or a "swing", the 2 dancers rotate in a circle about a vertical axis located between them. There are several varieties of turn or swing, differing in position and in step employed. A few of the more frequently used turns are described here.

50. Elbow Swing

A turn with partner in which M R elbow is hooked or linked with W R elbow and either a buzz step or country-dance step is used.

51. Hungarian Turn

Partners, in a variation of the Hungarian-Turn Position, turn with Hop-step-step. In most Hungarian dances, 4 Hop-step-steps are used to make a complete revolution.

### 52. Russian Turn (also often called Hungarian Turn)

Partners, in Hungarian-Turn Position turn with a Buzz step or Hop-step-step. In a clockwise turn with the latter step, the hops are made on the R foot. A counter-clockwise turn may also be made in which the dancers take a position with L side to L side.

### 53. Square Dance Swing (Swing Your Partner)

In the Square-Dance-Swing Position, the couple turns with either a Buzz step (Eastern style) or a Country-Dance-Walking step (Western style), usually making 2 complete revolutions unless otherwise implied by the music or caller. Dancers should turn smoothly and avoid bobbing up and down.

### 54. Step-Hop-Step Turn

A turn in which the succession of steps with 2/4 time is: Step R (ct. 1); hop R (ct. and); step L and pause (cts. 2, and). In this instance the dancer would be turning clockwise, and the R foot would not move far from the same point on the floor. With 3/4 time the action of step-hop-step would coincide with the even beat. This is often done in Hungarian-Turn Position.

### 55. Two-Hand Turn

Partners face, join opposite hands, and walk or run in a small circle, leaning away from each other.

## COMMON FIGURES AND CALLS USED IN AMERICAN SQUARE DANCES AND OTHER FOLK DANCES

### 1. Balance

In Western square dances, partners face each other, each backs up 4 short steps, then advances 4 short steps to meet. Usually followed by Swing. (Modern dancers often shorten this balance or omit it.)

In Eastern dances, especially Longways, the balance is: step scwd R (ct. 1); point L toe fwd (ct. 2); step scwd L (ct. 3); point R toe fwd (ct. 4). This has developed in some localities to a step-swing R and L instead of a step-point R and L.

Waltz balance is described under Step Patterns, #42.

### 2. Forward and Back

Two couples, inside hands joined, advance 4 steps to meet each other and bow. They back up to places 4 steps and bow to partner.

### 3. Forward and Pass Through

Two couples advance toward each other and pass through, W between opposite couple, and progress to new couple.

### 4. Forward and Pass On

Two couples advance toward each other, without dropping partner's hands, both pass to own R (or L).

### 5. Four Hands Round or Circle Four

Two couples join hands in one circle and move to L once around with 8 walking steps.

# 6. Right and Left

Two couples advance toward each other and pass through, W between opposite couple. Each couple takes back-hand promenade position (W L hand in partner's L, M R arm around her waist and his R hand holding her R hand at her R side). When they reach opposite place they wheel L about in place, M backing around, so that couples have changed places and M still have own partners on their R sides. Repeat back to own places.

# 7. Ladies Change or Ladies Chain

Two couples face each other, no hands held. The W advance, give R hands to each other in passing, L hands to opposite M taking back-hand promenade position with him (see Right and Left), and they wheel L about in place to face opposite couple. Repeat back to own places.

# 8. Three Ladies Chain

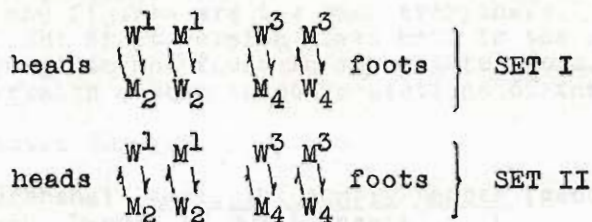
Visiting couple stands in center of set, facing couple 2 and with back to couple 4. W 1 and 2 execute Ladies Chain except that M 1 (in center) gives W 2 his L hand and turns her only half around to L, she passes into Ladies Chain with W 4 and he receives W 4, his L hand to her L, and with her he completes the turn to L, etc. until all reach home position. M 2 and 4 turn each W as she comes to him as in ordinary Ladies Chain, M 1 continues turning to L receiving a W L hand in his L on each half turn. W give R hands, in passing, to all W they meet.

# FIREMAN'S DANCE (American Longways)

1

**MUSIC:** Records: Fireman's Dance (with calls), Decca 18221 (Album A-275)  
Piano: Ford (Lovett), Good Morning

**FORMATION:** Sets of four couples in two lines facing, forming a long column according to diagram:



**STEPS:** \*Walking Step, \*Chasse, \*Ladies Chain, \*Right and Left

## THE DANCE

| MUSIC                         | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | CHECK LIST                                                         |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| Measure<br><u>A.</u> 1-8      | I. Head woman and head man, W <sup>1</sup> M <sup>2</sup> , move back a step and chasse (slide) down the outside of their respective lines and return the same way,<br><u>at the same time</u><br>Foot lady and foot man, W <sup>4</sup> M <sup>3</sup> , join both hands and chasse between the lines to the head of the set and return.                                                                                                                                                       | Heads chasse on the outside and feet down center.                  |
| 1-8                           | II. Reverse the movement: Heads inside and feet outside.                                                                                                                                                                                                                                                                                                                                                                                                                                        | Heads chasse down center and feet outside.                         |
| <u>B.</u> 1-8                 | III. Couples one and two, execute a Ladies Chain.<br><u>at the same time</u><br>Couples three and four execute a Right and Left.                                                                                                                                                                                                                                                                                                                                                                | One and two, Ladies Chain<br>&<br>Three and four, Right and Left.  |
| 1-8                           | IV. Couples one and two execute a Right and Left<br><u>at the same time</u><br>Couples three and four execute a Ladies Chain.                                                                                                                                                                                                                                                                                                                                                                   | One and two, Right and Left.<br>&<br>Three and four, Ladies Chain. |
| <u>C.</u> 1-8<br>"Fire, fire" | V. The dancers in each line join hands and walk 4 steps forward to the opposite line and back four steps. Walk forward again four steps, drop hands and the two lines pass through each other (women between the men). Each line now faces a new line of couples and the whole dance is repeated. When a line reaches either end of the room and is facing no other line, it turns around (ladies on right of partner) and waits for a repetition of the dance to bring a new line facing them. | Forward and back and cross right over.                             |

**References:** Ryan, Grace L.: Dances of Our Pioneers  
Ford (Lovett): Good Morning  
Tolman & Page: The Country Dance Book  
Booklet of directions with Decca Album No. A-275  
Longways Dances - Margot Mayo

2

SICILIAN CIRCLE

(Sometimes called Circle or Circassian Circle)

In the old days in America, Sicilian Circle was usually danced immediately after the Grand March at the beginning of an evening. Its similarity to the Scottish Circassian Circle makes it seem probable that we inherited it from the British Isles.

Different localities have different versions for this dance, but the step, formation and figures are the same everywhere. The sequence of figures differs. The first version given here is the most common local one even though it is not found in any printed form. The second is the most common version danced in other sections of the U. S.

Music: Record: Victor 22991-B

Piano: Burchenal, American Country Dances (good for version I)  
Ryan, Dances of Our Pioneers  
Ford, Good Morning

Formation: Two couples facing each other form one set. A large circle of sets is formed.

Step: Country dance walking step.

Descriptions for steps and figures to be found in introduction.

| THE DANCE (No.I)  |                                       |                      |
|-------------------|---------------------------------------|----------------------|
| Music             | Description                           | check list           |
| A. Measure        |                                       |                      |
| 1 - 8             | Four Hands Round twice                | 4 hds round twice    |
| 9 -12             | Half Right and Left to opposite place | Half R&L             |
| 13-16             | Swing Partner                         | Swing Part           |
| B. 1 - 4          | Half Right and Left to own place      | Half R&L bk          |
| 5 - 8             | Swing Partner                         | Swing Part           |
| 9 -12             | Half Ladies Chain                     | Half Ladies Chain    |
| 13-16             | Swing Partner                         | Swing Part           |
| C. 1 - 4          | Half Ladies Chain to own place        | Half Ladies Chain bk |
| 5 - 8             | Swing Partner                         | Swing Part           |
| 9 -12             | Forward and Back                      | Fwd and Bk           |
| 13-16             | Forward and Pass on to Left           | Fwd and On L         |
| THE DANCE (No.II) |                                       |                      |
| A. Measure        |                                       |                      |
| 1 - 4             | Forward and Back                      | Fwd and Bk           |
| 5 - 8             | Four Hands Round                      | 4 hds Round          |
| 9 -16             | Ladies Chain                          | Ladies Chain         |
| B. 1 - 8          | Right and Left (across and back)      | R&L                  |
| 9 -12             | Forward and Back                      | Fwd and Bk           |
| 13-16             | Forward and Pass Through              | Fwd and Thru         |

References: Burchenal American Country Dances  
Ryan Dances of Our Pioneers  
Maddocks Swing Your Partners  
Tolman and Page The Country Dance Book  
Ford Good Morning  
Jarman How to Square Dance  
Handy II Kit 49

DASHING WHITE SERGEANT  
(Scotland)

3

MUSIC

Record: Columbia DB 1277 (Recorded in England)  
Piano: See Ref. 306, Book III.

FORMATION

2 sets of 3 facing each other. These may both be 2 W with a M between them, or one set of 2 M with a W between them and one set of 2 W with a M between them.

STEPS

Progression step or skip change of step: "This step should be done on the tips of the toes. The R foot is brought fwd with toe pointed and knee almost straight, while a little hop is made on the L foot, then step fwd on the R foot, bring the L close behind, step fwd on the R and hop on it, bringing the L in front with a small knee bending, and so on. The well-pointed toe is raised but a slight distance from the ground. Count: 'and, step, step, step.'" (Jean Milligan)

Pas de Basque: Spring sdwd R, step small step L in front of R foot barely taking weight, step back in place R and stretch L leg fwd with toe pointed and close to floor. Swing L in small arc to spring L to start alternate step.

| Musie            | Step Pattern                                                                                                                                                                                                                                                                           | Check List               |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| Measure<br>A.1-8 | I. 6 hands around--all 6 join hands in circle and take 4 progression steps to L, and back R.                                                                                                                                                                                           | 6 hands around and back  |
| A.1-2            | II. Set--The center M or W set to M and W on R.                                                                                                                                                                                                                                        | Set                      |
| 3-4              | (Set: Pas de Basque R and L with both hands held high) and turn them (join R elbows and circle each other with 2 progression steps).                                                                                                                                                   | and turn                 |
| 5-8              | Set to M or W on L, join R elbows and turn.                                                                                                                                                                                                                                            | Set and turn             |
| B.1-8            | III. Reels of 3--Both center people, starting by passing L shoulders with R hand partner, describe a figure of 8; the R hand partner passes R shoulders with the 3rd person; with the result that all 3 dance a figure of 8 simultaneously. Continue until all are in original places. | Reels of 3               |
| 9-12             | IV. Advance and Retire--Each set of 3, joining hands in straight line, advance with 2 progression steps and retire with 2 progression steps.                                                                                                                                           | Advance and Retire       |
| 13-16            | Lines advance again, passing through opposite set of 3, R shoulder to opposite's R, to meet another set of 3 coming toward them; 4 progression steps.                                                                                                                                  | Advance and pass through |

Scottish Country dances are symbolic of ancient customs and traditions. They are wedded to genuine old folk-tunes having the true Scottish lilt. The Scottish Country Dance Society has recorded them with the precision and accuracy characteristic of the dances.

**MUSIC:** Record: Victor 21616 B

Piano: La Salle--Rhythms and Dances for Elementary Schools

**FORMATION:** Couples in no set formation.

**STEPS:** Highland step, schottische, step-hops.

#### THE DANCE

| Music      | Description                                                                                                                                                                      | Check list         |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| A. Measure | I. Partners facing, inside arms in usual waltz position, outside hand and arm curved overhead in typical Scottish arm position.<br>(Description for man--counterpart for lady)   | Highland step      |
| 1, ct. 1   | Hop on R and point L foot to side                                                                                                                                                |                    |
| " 2        | Hop on R and bending L knee, bring foot behind R calf, toe pointed down                                                                                                          |                    |
| " 3        | Hop on R and point L foot to side                                                                                                                                                |                    |
| " 4        | Hop on R and bending L knee, bring foot in front of R leg                                                                                                                        |                    |
| 2, ct. 1   | Slide L foot to L side                                                                                                                                                           | Schot-tische       |
| " 2        | Close R foot to heel of L foot                                                                                                                                                   |                    |
| " 3        | Slide L foot to L side                                                                                                                                                           |                    |
| " 4        | Hop on L foot and bring R foot behind L calf and at same time turn slightly to prepare to move to R                                                                              |                    |
| 3 - 4      | Repeat dance of Measures 1 and 2, beginning with R foot and moving R                                                                                                             | High.step & Schot. |
| B. 1 - 4   | II. Closed waltz position. 8 step-hops turning completely around and progressing around room.<br>(The raised foot should smartly tap calf of hopping leg. Toes well turned out.) | Step-hops          |

"Another way of dancing the Highland Schottische is for partners to perform Part I separately, both beginning with the R foot and moving in opposite directions. Hand on same side as hopping foot is held curved overhead, other on hip. Both hands on hips on schottische. In Part II, link arms, outside hands high, and turn." (Phil Aldrich)

**REFERENCES:** Scottish Country Dance Society--Scottish Country Dance Book

Hofer: Popular Folk Games and Dances, 1907 and 1923 ed.

La Salle: Rhythms and Dances for Elementary Schools

Crampton: The Folk Dance Book

Crawford: Folk Dances and Games

(and many others)

BLEKING  
(Sweden)

5

MUSIC Records: Victor 20989B Columbia A3037 Victor 17085B  
Piano: See Ref. 4, 401

REFERENCES See Ref. 4, 7, 9, 11, 16.

FORMATION Any number of couples, partners facing with both hands joined.

STEPS Bleking step\*, step-hop\*

| Music             | Step Pattern                                                                                                                                                                                                                                                                                                                       | Check list    |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Measure<br>A. 1-2 | I. <u>Bleking step</u> --Both extend L foot fwd with heel down and toe up (ots. 1, and); extend R foot fwd in same manner (ots. 2, and). Change feet quickly in same manner L, R, L (ots. 1, and, 2); hold (ot. and). Held hands move simultaneously with the feet and in same direction.                                          | Bleking step  |
| 3-8               | Repeat action of meas. 1-2 three more times, starting with alternate feet.                                                                                                                                                                                                                                                         |               |
| B. 1-8            | II. <u>Step-hop turn</u> --In closed waltz position, W starting with R foot, M with L, couples dance 16 step-hops, turning and progressing around room, 2 step-hops to 1 turn. (Some authorities state that arms are held straight out to sides, wind-mill fashion, and should be pumped up and down vigorously during this step.) | Step-hop turn |

THE CRESTED HEN  
(Denmark)

The Crested Hen (Den Toppede Høne) is a very popular dance in the Scandinavian countries, and with folk dance groups in this country.

The source of this description stems from many different groups, both school and recreational, as it is a well-known popular dance. The form of the dance is the same in all groups with but slight variation. (LC)

MUSIC Record: Victor 21619-B  
Piano: See Ref. 4, 8, 12, 16, 402.

FORMATION One man with two ladies, one on either side of him; hands joined in a small circle.

STEPS Step-hop\* to every measure (not a skip if done in true Danish style).

| Music             | Step Pattern                                                                                                                                                                                                  | Check list  |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Measure<br>A. 1-8 | I. <u>Cirole L and R</u> --With a vigorous stamp on the first note dance around in a circle to the L, beginning with the L foot. Dancers lean weight outward and swing vigorously.                            | Cirole L,R. |
| 1-8 rptd          | Jump, coming down with a stamp on both feet on first count and repeat moving around in circle to the R.                                                                                                       |             |
| B.<br>1-2         | II. <u>Arch</u> --The W release each other's hands, putting free hand on hip, and all continue the same step as follows: R hand W dances through the arch formed by the raised joined hands of the other two. | Arch        |
| 3-4               | M follows her through the same arch, turning under his own arm.                                                                                                                                               |             |
| 5-8               | L hand W dances through the arch formed by the raised joined hands of the other two.                                                                                                                          |             |
| 7-8               | M follows under his own arm as before.                                                                                                                                                                        |             |
| 1-8 rptd          | Repeat action of meas. 1-8, Fig. II.                                                                                                                                                                          |             |

The following version was presented by Amy Johnsen, a former teacher of dancing in Denmark.

- MUSIC Record: Victor V-20075 Columbia 22178  
Piano: Any Danish Schottische in eight measure phrases.
- REFERENCE See Ref. 13 (giving another interesting version of Danish Schottische).
- FORMATION Circle of couples, facing counter-clockwise.
- STEPS Schottische; step-hop;

| Musio                          | Step Pattern                                                                                                                                                                                                                                                                                                                                                                                                 | Check List          |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Measure<br>A.1-2<br>3-4<br>5-8 | I. <u>Schottische fwd</u> --With hands grasped in skater position, take 2 schottische steps fwd, starting with L foot.<br>Continue with 4 step-hops L R L R.<br>Repeat action of meas. 1-4.                                                                                                                                                                                                                  | Schottische<br>fwd  |
| B.1-2<br>3-4<br>5-8            | II. <u>Schottische sdwd</u> --With hands on hips partners face each other and take one schottische to own L, returning with one schottische to R.<br>Partners join R hands, L on hips, and make one turn with 4 step-hops.<br>Repeat action of meas. 1-4.                                                                                                                                                    | Schottische<br>sdwd |
| C. 1<br>2<br>3-4<br>5-8        | III. <u>Around Partner</u> --With hands on hips, partners face each other and move to own L with one schottische step.<br>With one schottische step, partners pass back to back to exchange places.<br>Each move back to original place with 4 step-hops turning L R L R.<br>Repeat action of meas. 1-4.<br><br>Both now have L foot free and resume skater position to repeat the dance from the beginning. | Around partner      |

LITTLE MAN IN A FIX  
(Denmark)

7

Little Man in a Fix (Bille Mand i Knibe) is reported to have originated in the vicinity of Randers, Jutland. It has enjoyed widespread popularity not only in Denmark, but in other lands as well.

There seems to be little difference in opinion as to how the dance is done. There are many sources containing detailed descriptions. Some of these are direct translations from the Danish.

MUSIC Record: Victor 20449-A  
Piano: See Ref. 6, 12, 16, 17, 402.

FORMATION Two couples dancing together. Facing in opposite directions, the men hook L elbows. Men have R arms around their partner's waists; ladies have their L hands resting on their partner's R shoulders. Free hands on hips.

STEPS Running step\*, Tyrolian waltz step\*, waltz step\*

| Musio             | Step Pattern                                                                                                                                                                                                                                                                                                                                                                                                                      | Check list                         |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| Measure<br>A. 1-8 | I. <u>Running</u> --Couples run fwd 24 steps in counter-clockwise circle. The faster they run, the more the W must lean bwd.                                                                                                                                                                                                                                                                                                      |                                    |
| 1-8 rptd          | With no pause, M join L hands, as each takes his partner's L hand in his R. M make an arch with their L arms. W both run through arch passing in front of their respective partners. W turn L about to face each other and join their R hands above those of the M. With arms crossed, all lean bwd and continue to run counter-clockwise.                                                                                        |                                    |
| B. 1-4            | II. <u>Waltzing</u> --Couples break apart, each M holding partner's L hand in his R. Balance 4 times with Tyrolian Waltz step (fwd, bwd, fwd, bwd).                                                                                                                                                                                                                                                                               | Waltzing<br>Tyrolian<br>Waltz step |
| 5-8               | Taking closed waltz position, couples proceed at random about the floor with 4 waltz steps. (Variation: the two couples may revolve about each other in a small counter-clockwise circle, keeping close together.)                                                                                                                                                                                                                |                                    |
| 1-8 rptd          | Repeat action of meas. 1-8, Fig. II.<br><br>Each couple then seeks a new couple with whom to repeat the entire pattern. An odd number of couples will add to the interest of the dance, as then with each repetition there is always one "little man in a fix" without a partner couple. (Variation: When couples have revolved around each other in the closed waltz, they repeat the dance over and over with the same couple.) |                                    |

SCHOTTISCHE  
(Sweden)

8

MUSIC Records: Decca 3564A Victor V20075 Columbia 22066F  
Piano: See Ref. 13, 401

FORMATION Couples in circle formation, facing counter-clockwise. Open waltz position, outside hands on hips.

STEPS Schottische\*, step-hop\*

| Musio             | Step Pattern                                                                                                                                                                                                                                                                                                                                 | Check list                |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| Measure<br>A. 1-8 | I. Sixteen step-hops--Starting with outside foot couples dance fwd with 16 step-hops.                                                                                                                                                                                                                                                        | Step-hops (16)            |
| A. 1-2            | II. Ballroom position--(directions for M, counterpart for W) In closed waltz position, starting with L foot, M makes a quarter turn L with 1 schottische step; then a quarter turn R with 1 schottische step.                                                                                                                                | Ballroom pos.             |
| 3-4               | With 4 step-hops make 2 complete turns, moving fwd.                                                                                                                                                                                                                                                                                          |                           |
| 5-8               | Repeat action of meas. 1-4, Fig. II.                                                                                                                                                                                                                                                                                                         |                           |
| B. 1-2            | III. Right hands, Lady under--W in front of M and facing him, R hands joined. W moves bwd starting with R foot, M fwd starting with L foot, dancing 2 schottische steps. W exaggerates turns.                                                                                                                                                | Right hands<br>Lady under |
| 3-4               | W remaining in front, M dances fwd with 4 step-hops as W turns R under their joined R hands making 2 complete turns with 4 step-hops.                                                                                                                                                                                                        |                           |
| 5-8               | Repeat action of meas. 1-4, Fig. III.                                                                                                                                                                                                                                                                                                        |                           |
| B. 1-8            | IV. Lady turn alone--Repeat Fig. III with W placing hands on hips, M folding arms high across chest.                                                                                                                                                                                                                                         | Lady turn alone           |
| C. 1              | V. Lady cross over and back, circle man--In open waltz position, with 1 schottische step, W crosses to L side of M, ending facing fwd with her R hand on his L shoulder, free hand on hip. M dances the schottische step in place.                                                                                                           | Lady cross over           |
| 2                 | W crosses back to R of M in same manner.                                                                                                                                                                                                                                                                                                     |                           |
| 3-4               | With hands on hips, W makes a complete turn around M with 4 step-hops, passing in front of him first. M dances 4 step-hops in place.                                                                                                                                                                                                         |                           |
| 5-8               | Repeat action of meas. 1-4, Fig. V.                                                                                                                                                                                                                                                                                                          |                           |
| C. 1-2            | VI. Back grasp, to middle and out--In cross back hold position, both take 2 step-hops directly bwd (clockwise) starting with outside foot; then make a quarter turn L with 1 step-hop fwd toward center of circle; end phrase of music with inside heel fwd on floor, weight still on outside foot. Dancers may call 'Hi!' as they heel fwd. | Back grasp,<br>to middle  |
| 3-4               | Both step-hop bwd on inside foot, making a quarter turn to R, then with 2 step-hops fwd (counter-clockwise in circle) return to place ending phrase of music with outside heel fwd and facing fwd.                                                                                                                                           |                           |
| 5-8               | Repeat action of meas. 1-4, Fig. VI.                                                                                                                                                                                                                                                                                                         |                           |
| A. 1-2            | VII. Man kneels right--M kneels on R knee, inside hands joined and held over head of M, outside hands on hips. With 2 schottische steps, starting with R foot, W dances completely around M, passing in front of him first. M rises on last count.                                                                                           | Man kneels R              |
| 3-4               | Assuming open waltz position, starting with outside foot, they move fwd with 4 step-hops.                                                                                                                                                                                                                                                    |                           |
| 5-8               | Repeat action of meas. 1-4, Fig. VII.                                                                                                                                                                                                                                                                                                        |                           |
| A. 1-2            | VIII. Dance across and jump--Repeat action of meas. 1-2, Fig. V. (Lady cross over and back).                                                                                                                                                                                                                                                 | Dance across<br>and jump  |
| 3-4               | In shoulder waist position they dance 2 complete turns fwd with 4 step-hops.                                                                                                                                                                                                                                                                 |                           |
| 5-8               | Repeat action of meas. 1-4, Fig. VIII., except that on last turn of meas. 8, M lifts W high in air leaving her on his R.                                                                                                                                                                                                                     |                           |

TANTOLI  
(Sweden)

9

This dance originated in Finland. An authentic Swedish version is given as presented by the Ling Association of Scandinavia and England.

MUSIC Records: Victor 17159 Victor 20992  
Piano: See Ref. 11.

REFERENCES See Ref. 4, 9, 11, 17, 403

FORMATION Circle of couples, facing counter-clockwise.

STEPS Step-hop\*, Polka\*, Heel-Toe Polka\*, Step-Close\*, Schottische\*.

Version I

| Music           | Step Pattern                                                                                                                                                                                                                                                                                                                                    | Check List                |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| Measure<br>A. 1 | I. <u>Step-hops fwd and turning</u> --Couples in open dance position, start with outside foot and take 2 step-hops fwd, counter-clockwise.                                                                                                                                                                                                      | Step-hops fwd and turning |
| 2               | Couples make a complete turn clockwise by moving bwd with 2 step-hops. (Man acts as pivot.)                                                                                                                                                                                                                                                     |                           |
| 3-4             | Repeat action of meas. 1-2.                                                                                                                                                                                                                                                                                                                     |                           |
| 5-8             | Repeat action of meas. 1-4.                                                                                                                                                                                                                                                                                                                     |                           |
| 9               | Starting with outside foot take one schottische fwd.                                                                                                                                                                                                                                                                                            |                           |
| 10              | Starting with inside foot take one schottische bwd.                                                                                                                                                                                                                                                                                             |                           |
| 11-12           | Couples make complete turn clockwise by moving bwd with 4 step-hops. (Man acts as pivot.)                                                                                                                                                                                                                                                       |                           |
| 13-16           | Repeat action of meas. 9-12.                                                                                                                                                                                                                                                                                                                    |                           |
| A.1-4           | II. <u>Heel-Toe Polka</u> --Starting with outside foot move fwd, counter-clockwise, with 4 heel-toe polka steps.                                                                                                                                                                                                                                | Heel-Toe Polka            |
| 5-8             | Repeat action of meas. 1-4.                                                                                                                                                                                                                                                                                                                     |                           |
| 9-16            | In shoulder waist position, turn clockwise with 16 step-hops, still progressing fwd. The free leg is swung slightly sldw while executing the step-hop.                                                                                                                                                                                          |                           |
| A.1-2           | III. <u>"Beating out the flax"</u> --Partners face (Man's back to center of room). With arms extended toward each other, partners join hands held shoulder high. Moving sldw in line of direction take 3 step-close steps. Man then stamps L, woman R, swinging inside foot across and fwd. Arms swing from side to side following foot action. | "Beating out the flax"    |
| 3-4             | Repeat in opposite direction (clockwise).                                                                                                                                                                                                                                                                                                       |                           |
| 5-8             | Repeat action of meas. 1-4.                                                                                                                                                                                                                                                                                                                     |                           |
| 9-16            | Repeat action of meas. 9-16 of Fig. II.                                                                                                                                                                                                                                                                                                         |                           |
| A. 1            | IV. <u>"Sleigh Ride"</u> --Couples in open dance position, face fwd, start with outside foot and take one polka step fwd.                                                                                                                                                                                                                       | "Sleigh Ride"             |
| 2               | Take 2 "pawing" steps with inside foot. (Raise the knee and brush the foot bwd as a horse would paw the snow.)                                                                                                                                                                                                                                  |                           |
| 3               | One polka step bwd with inside foot.                                                                                                                                                                                                                                                                                                            |                           |
| 4               | Place outside bwd in lunge position and tap 3 times with toe. "Jingle bells"                                                                                                                                                                                                                                                                    |                           |
| 5-8             | Repeat action of meas. 1-4.                                                                                                                                                                                                                                                                                                                     |                           |
| 9-16            | Repeat action of meas. 9-16 of Fig. II.                                                                                                                                                                                                                                                                                                         |                           |

| Music            | Step Pattern                                                                                                                                                                                                                                                                                                            | Check List                    |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| Measure<br>A.1-8 | I. <u>Heel-Toe Polka</u> --Couples in open dance position, face in line of direction. Starting with outside foot, take 4 heel-toe polka steps fwd.                                                                                                                                                                      | Heel-Toe Polka                |
| 9-10             | Chorus--Couples in closed dance position. Starting with outside foot take 2 schottische steps, turning and advancing in the line of direction. (The swing of the free foot is minimized.)                                                                                                                               | Chorus                        |
| 11-12            | 4 step-hops turning clockwise.                                                                                                                                                                                                                                                                                          |                               |
| 13-16            | Repeat action of meas. 9-12.                                                                                                                                                                                                                                                                                            |                               |
| A.1-8            | II. <u>Polka, face to face, back to back</u> --Partners join inside hands, extend them bwd and turn face to face. Starting with outside foot, take one polka step fwd. Then starting with inside foot, arms extended fwd, back to partner, take a second polka step fwd. Continue until 8 polka steps have been danced. | Polka, face to face, bk to bk |
| 9-16             | Chorus--(see above)                                                                                                                                                                                                                                                                                                     | Chorus                        |
| A.1-2            | III. <u>Polka and circle away from partner</u> --2 polka steps, face to face, back to back.                                                                                                                                                                                                                             | Polka and circle              |
| 3-4              | Drop partner's hand, turn away from each other in a small circle with 4 step-hops.                                                                                                                                                                                                                                      |                               |
| 5-8              | Repeat action of meas. 1-4.                                                                                                                                                                                                                                                                                             |                               |
| 9-16             | Chorus--(see above)                                                                                                                                                                                                                                                                                                     | Chorus                        |
| A.1-8            | IV. <u>"Beating out the Flax"</u> --Same as Fig. III, Version I.                                                                                                                                                                                                                                                        | Beating flax                  |
| 9-16             | Chorus--(see above)                                                                                                                                                                                                                                                                                                     | Chorus                        |
| A.1-8            | V. <u>"Sleigh Ride"</u> --Same as Fig. IV, Version I.                                                                                                                                                                                                                                                                   | Sleigh Ride                   |
| 9-16             | Chorus--(see above)                                                                                                                                                                                                                                                                                                     | Chorus                        |

ALEXANDROVSKA (Russian)

11

This is an old Russian Ballroom dance for which no folk origin can be found.

**MUSIC:** Record: Decca 2092A (Forgotten Dreams) or any slow Russian Waltz phrased in an eight measure pattern.

Piano: Beliajus, Dance and Be Merry, Vol. I.

**FORMATION:** Couples; partners facing with both hands joined and raised sideward shoulder high.

**STEPS:** \*Waltz, Step-close. Steps are described for man; woman uses opposite hand or foot.

**THE DANCE:**

| Music     | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Check List       |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Measure 1 | I. <u>Back to Back</u><br>Starting with outside foot (man's L, woman's R) step sideward (ct.1) close inside foot to outside (ct.2,3).                                                                                                                                                                                                                                                                                                                                                                                                                    | Back to Back     |
| 2         | Step to side with outside foot (ct.1) release forward hands (man's L, woman's R), swing other joined hands forward bringing partners into back to back position (ct.2,3). On the turn pivot on outside foot swinging inside forward; join other hands shoulder high.                                                                                                                                                                                                                                                                                     |                  |
| 3         | Still back to back, step forward with inside foot (ct.1) close outside foot to inside (ct.2,3).                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                  |
| 4         | Step forward with inside foot again (ct.1) pause, drawing foot almost to close (ct.2,3).                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                  |
| 5 - 8     | Still back to back repeat above in opposite direction. Note on Meas. 6 the joined forward hands are swung backward bringing partners face to face.                                                                                                                                                                                                                                                                                                                                                                                                       | Face to Face     |
| 9 - 16    | Repeat steps described for Meas. 1 - 8, Figure I.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                  |
| 1 - 4     | II. <u>Woman Turn</u><br>Position: Partners facing, inside hands joined, outside on hips, woman turns under man's raised R arm. Man: step adw. L (ct.1), close R (ct.2,3). Repeat three times pausing on last measure without closing R to L. If preferred, man may waltz forward for 4 measures.<br>Woman: Meas. 1 -- step sideward R (ct.1), close L (ct.2,3). Meas. 2 -- with same step make a complete turn to R under joined hands. Repeat this step.<br>Note: Some prefer to start with the turn on Meas. 1 and follow with step-close on Meas. 2. | Woman Turn       |
| 5 - 8     | Same as for Meas. 1 - 4 in opposite direction.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                  |
| 9 - 16    | Repeat steps described for Meas. 1 - 8, Figure II.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                  |
| 1         | III. <u>Hands joined in skating position.</u><br>Waltz forward.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Skating Position |
| 2         | With one waltz step face in opposite direction turning in toward each other                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                  |
| 3 - 4     | Waltz backward for one Meas., then step R (ct.1), raise (slightly) and point L (ct.2,3).                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                  |
| 5 - 8     | Repeat action for Meas. 1 - 4 in opposite direction, ending by pointing with R.                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                  |
| 9 - 16    | Repeat steps described for Meas. 1 - 8, Figure III.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  |
| 1         | IV. <u>Couple waltz.</u> Closed dance position.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Couple Waltz     |
| 2         | Step with outside foot (ct.1), close (ct.2,3).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                  |
| 3 - 4     | Same in reverse direction.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                  |
| 5 - 8     | Turning and progressing forward with four waltz steps.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                  |
| 9 - 16    | Repeat steps described for Meas. 1 - 8, Figure IV.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                  |

# KOHANOTCHKA

12

Few reliable sources of information about Kohanotchka appear to be available. Three versions are given here: (1) that version described by Nadine Ermalova, a Russian dance instructor, (2) that version originally danced by Chang's International Folk Dancers, (3) the progressive Kohanotchka danced by several Federation groups.

**MUSIC:** Records: Kismet 4101 (Version 1 and 3) Decca 2902 (Version 2)

**FORMATION:** Couples, in large circle progressing counter-clockwise.

**STEPS:** Russian (see Czech) polka; Pas de basque; Toe-heel-touch-kick step; Buzz turn.

## DANCE--Version I

| Musio      | Description                                                                                                                                                  | Check list                   |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| A. Measure | I. <u>Pas de Basque and Turn</u> --Face partner and join inside hands. Pas de basque on outside foot turning back to partner.                                | Pas de Basque<br>Turn, Stamp |
| 1          |                                                                                                                                                              |                              |
| 2          | Pas de basque on inside foot, facing partner.                                                                                                                |                              |
| 3-4        | Drop hands and turn completely around fwd and away from partner with 3 walking steps, stamp.                                                                 |                              |
| 5-8        | Repeat pas de basques, turn and stamp.                                                                                                                       | Repeat all                   |
| B.         | II. <u>Walk Step</u> --Face partner, drop hands, both walk 3 steps away from partner to own R and swing L leg fwd, return to partner walking L R L, swing R. | Walk to R<br>and back        |
| 1-2        |                                                                                                                                                              |                              |
| 3-4        | Facing partner, pas de basque R, then L, turn completely around to R with 3 walking steps, and stamp.                                                        | Pas de Basque<br>Turn, Stamp |
| 5-6        |                                                                                                                                                              |                              |
| 7-8        |                                                                                                                                                              |                              |
| C.         | III. <u>Clap Step</u> --Clap own hands twice, with 2 polka steps cross into partner's place, passing R shoulders (without turning), stamp 3 times.           | Clap and<br>Cross over       |
| 1-4        |                                                                                                                                                              |                              |
| 5-8        | Repeat backing to place.                                                                                                                                     | Cross back                   |
| 1-8        | Repeat both fwd and back.                                                                                                                                    | Repeat all                   |
| Version II |                                                                                                                                                              |                              |
| A. 1-8     | I. <u>Pas de Basque and Turn</u> --Same as Step I, Version I                                                                                                 | Pas de Basque<br>Turn, Stamp |
| B. 1-2     | II. <u>Russian Polka Step</u> --In Russian position both polka fwd on L foot, back on R foot (like a rocking horse).                                         | Russian Polka                |
| 3-4        | Polka L and R fwd counter-clockwise.                                                                                                                         |                              |
| 5-8        | Repeat all.                                                                                                                                                  | Repeat all                   |
| C.         | III. <u>Clap Step</u> --Face partner in double circle.                                                                                                       | Clap Step                    |
| 1-4        | a. Clap own hands twice, take 3 Russian polka steps bwd away from partner.                                                                                   |                              |
| 5-8        | b. Repeat claps, take 2 Russian polka steps and 3 stamps fwd passing each other (R shoulders).                                                               |                              |
| 1-4        | c. Repeat claps, take 3 Russian polka steps bwd passing each other (R shoulders) to same position as at end of a.                                            |                              |
| 5-8        | d. Repeat claps, take 2 Russian polka steps and 3 stamps, returning to face partner.                                                                         |                              |

KOHAROTCHKA

-- concluded.

|                          |      |                                                                                                                                                                                                                                                                                                                                                                                           |                     |
|--------------------------|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| A.                       | 1-8  | IV. <u>Pas de Basque and Turn</u> --Same as Step I, Version I.                                                                                                                                                                                                                                                                                                                            | Pas de Basque       |
|                          | 1-8  | Step I. repeated.                                                                                                                                                                                                                                                                                                                                                                         | Turn, Stamp         |
| D.                       |      | V. <u>Buzz Step</u> --Partners stand back to back, R shoulders touching, L hand curved overhead and R hand on hip.                                                                                                                                                                                                                                                                        | Buzz Step           |
|                          | 1-8  | Turn to R with 16 buzz steps.                                                                                                                                                                                                                                                                                                                                                             |                     |
|                          | 9-16 | Twist slightly to L to bring L shoulders adjacent (R hand overhead and L hand on hip) and repeat 16 buzz step turn to L.                                                                                                                                                                                                                                                                  |                     |
| A.                       | 1-8  | VI. <u>Pas de Basque and Turn</u> --Same as Step I, Version II.                                                                                                                                                                                                                                                                                                                           | Pas de Basque       |
| B.                       | 1-8  | VII. <u>Russian Polka Step</u> --Same as Step II, Version II.                                                                                                                                                                                                                                                                                                                             | Polka Step          |
| C.                       | 1-8  | VIII. <u>Clap Step</u> --Same as Step III, Version II.                                                                                                                                                                                                                                                                                                                                    | Clap Step           |
| A.                       | 1-8  | IX. <u>Pas de Basque and Turn</u> --Same as Step IV, Version II.                                                                                                                                                                                                                                                                                                                          | Pas de Basque       |
| D.                       |      | X. <u>Toe-Heel-Touch-Kick Step</u> --Face partner, touch R toe in inverted position at the same time hopping on L foot (ct.1), replace R toe with R heel at the same time hopping on L (ct.and), touch R toe in front of L foot at the same time hopping on L foot (ct.2), kick R foot diagonally fwd at the same time hopping on L foot (ct.and). Toe-heel-touch-kick hopping on R foot. | Toe-Heel-Touch-Kick |
|                          | 1    | Repeat all 3 times more.                                                                                                                                                                                                                                                                                                                                                                  |                     |
|                          | 2    |                                                                                                                                                                                                                                                                                                                                                                                           |                     |
|                          | 3-8  |                                                                                                                                                                                                                                                                                                                                                                                           |                     |
| A.                       | 1-8  | XI. <u>Pas de Basque and Turn</u> --Same as Step I, Version II.                                                                                                                                                                                                                                                                                                                           | Pas de Basque       |
| B.                       | 1-8  | XII. <u>Russian Polka Step</u> --Same as Step II, Version II.                                                                                                                                                                                                                                                                                                                             | Polka Step          |
| C.                       | 1-8  | XIII. <u>Clap Step</u> --Same as Step III, Version II.                                                                                                                                                                                                                                                                                                                                    | Clap Step           |
| D.                       | 1-8  | XIV. <u>Pas de Basque and Turn</u> --Same as Step IV, Version II.                                                                                                                                                                                                                                                                                                                         | Pas de Basque       |
|                          | 1-8  |                                                                                                                                                                                                                                                                                                                                                                                           |                     |
| Version III--Progressive |      |                                                                                                                                                                                                                                                                                                                                                                                           |                     |
| A.                       | 1-8  | I. <u>Pas de Basque and Turn</u> --Same as Step I, Version I.                                                                                                                                                                                                                                                                                                                             | Pas de Basque       |
| B.                       | 1-8  | II. <u>Russian Polka Step</u> --Same as Step II, Version II.                                                                                                                                                                                                                                                                                                                              | Polka Step          |
| C.                       | 1-8  | III. <u>Clap Step</u> --Same as Step III, Version II. except that partners move one place to own L at end of part d. to face new partner and repeat whole dance.                                                                                                                                                                                                                          | Clap Step           |
|                          | 1-8  |                                                                                                                                                                                                                                                                                                                                                                                           | Progress            |

Folk dancing enthusiasts affiliated with the Folk Dance Federation of California generally agree that Korobushka is one of their most popular dances.

According to Michael Herman, this dance originated on American soil by a group of Russian immigrants following the close of World War I.

The California version of Korobushka seems unique in its patterns although it was introduced here in 1940 by Romeo Rollette, a New York folk dancer.

**MUSIC:** Records: Kismet A106 Victor V21121  
Piano: Beliajus, Finadar; Dance and Be Merry, Vol. I  
McConathy, Osbourne; Music Highways and Byways

**FORMATION:** Double circle, partners facing and holding both hands (men with backs to center of circle, women facing center).

**STEPS:** \*Hungarian Break Step  
\*Balance Step  
\*Turning Step  
\*Description for steps to be found in Introduction  
Dance described for man--lady does the same with opposite foot

THE DANCE

| MUSIC       | DESCRIPTION                                                                                                                                                                                                      | CHECK LIST                       |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| Measure 1-2 | I. <u>Schottische Step</u><br>Walk forward (away from the center of the circle)<br>step L, R, step hop L, and at the same time extend R foot.<br>(Lady moves backward)                                           | I. Schottische Step              |
| 3-4         | Repeat, moving back toward the center of the circle,<br>beginning with the R foot. Step R, L, step hop R.                                                                                                        |                                  |
| 5-6         | Repeat, moving away from the center of the circle with the<br>L foot. Step L, R, step hop L.                                                                                                                     |                                  |
| 7-8         | Pause slightly and execute Hungarian break step.<br>[Hop L foot and tap R toe forward (ct. 1); hop L foot,<br>tap R toe sideward (ct. 2); hop L foot, closing R foot<br>with heel click (ct. 3); pause (ct. 4).] | Hungarian Break Step             |
|             | II. <u>Turning Step</u>                                                                                                                                                                                          | II. Turning Step                 |
| 9-10        | Dropping hands, make one turn to R, moving away from<br>each other with step R, L, R. Dancers clap their hands<br>on ct. 4.                                                                                      |                                  |
| 11-12       | Repeat by turning L back to place. Step L, R, L, clap.                                                                                                                                                           |                                  |
| 13-14       | Partners facing, take R hands, balance toward partner<br>on R, then balance back on L.                                                                                                                           |                                  |
| 15-16       | Man and lady change places with three walking steps, R, L, R,<br>the lady turning to her L under the man's arm.                                                                                                  |                                  |
| 17-24       | Repeat turning and balance steps, the gentleman turning<br>the lady under his arm to original position.                                                                                                          | Turning step and<br>Balance step |
|             | Repeat dance                                                                                                                                                                                                     |                                  |

As a mixer, the gentleman as he completes his second turn R and L balances with the next lady on his R to begin the dance with a new partner.

In May, 1944 a simple version of the Korobushka was performed on the Russian ship "Industria" in the Oakland Harbor. This latter description would indicate Soviet Russia as a source for this version.

MUSIC: See other side.

FORMATION: Couples stand facing counter clockwise in a large circle taking Russian position (see Introduction).

STEPS:

- \*Step-close-step
- \*Two-Step
- \*Hungarian Break Step
- \*Walk
- \*Stamp

\*Description for steps to be found in Introduction

### THE DANCE

| MUSIC       | DESCRIPTION                                                                                                                                              | CHECK LIST              |
|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| Measure 1-2 | I. <u>Step-close-step</u><br>Starting with R foot, step-close-step-close diagonally forward to the R.                                                    | I. Step-close-step      |
| 3-4         | Repeat, starting with L foot, moving diagonally forward to the L.                                                                                        |                         |
| 5-6         | Starting with R foot, take two two-steps forward.                                                                                                        | Two-Step                |
| 7-8         | Execute Hungarian break step, omitting hops and rising only with slight heel lift on inside foot. (Tapping outside foot forward, sideward, and together) | Hungarian Break Step    |
|             | II. <u>Walk Step</u>                                                                                                                                     | II. Walk Step           |
| 9-10        | Face partner<br>Step R away from partner, R, L, R, pause.                                                                                                |                         |
| 11-12       | Step toward partner, L, R, L, pause.                                                                                                                     |                         |
| 13-14       | Stamp R foot forward, step R back in place.<br>Stamp L foot forward, step L back in place.                                                               | Stamp and change places |
| 15-16       | Walk four steps to change places with partner passing R shoulders and turning to face partner again.                                                     |                         |
| 17-18       | Step to R away from partner, R, L, R, pause.                                                                                                             |                         |
| 19-20       | Step toward partner, L, R, L, pause.                                                                                                                     |                         |
| 21-22       | Stamp R foot forward and step R back in place.<br>Stamp L foot forward and L back in place.                                                              |                         |
| 23-24       | Lady turns R with four steps to Russian position to repeat dance.                                                                                        |                         |
|             | (Repeat dance at will)                                                                                                                                   |                         |

MUSIC Records: Victor V 21121A Victor V 12421  
Piano: Any Russian polka

FORMATION Couples in circle formation, progressing counter-clockwise.  
Partners take Russian position.

STEPS Turns\*, Step-swing\*, Balance step\*, Polka\*

| Music   | Step Pattern                                                                                                                                                                                           | Check list |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Measure | I. <u>Step-swing step</u>                                                                                                                                                                              | Step-swing |
| 1-2     | a. Both walk fwd L, R, L. Pivot on L foot, making a half turn to the R, pointing with R foot.                                                                                                          |            |
| 3-4     | Repeat in opposite direction, starting with R foot.                                                                                                                                                    |            |
| 5-8     | b. (Moving bwd) Step back L, swing R foot fwd, step back R, swing L foot fwd. Repeat L and R.                                                                                                          |            |
|         | II. <u>Turn</u>                                                                                                                                                                                        | Turn       |
| 1-4     | a. Repeat Fig. I.a                                                                                                                                                                                     |            |
| 5-8     | b. Partners facing, M takes R hand of W in his R. Free hands on hips. As the M moves fwd with 4 polka steps, W turns outward to her R 4 times, under joined R arms.                                    |            |
| 9-10    | c. Following the 4th turn, partners drop hands and both make 2 turns outward.                                                                                                                          |            |
| 11-12   | Joining inside hands again, beginning with the outside foot, the couple moves fwd with 3 walking steps and close with a light tap on the 4th count.                                                    |            |
| 13-16   | Repeat all of c. Fig. II in opposite direction.                                                                                                                                                        |            |
|         | III. <u>Balance</u>                                                                                                                                                                                    | Balance    |
| 1-4     | a. Partners facing, taking R hands shoulder height. Balance toward partner on the R foot, balance away. M and W exchange places with 3 walking steps R, L, R, the W turning inward under the arm of M. |            |
| 5-8     | Repeat balance toward partner, balance away. As the M passes to his place he turns the W under his arm once and a half to assume original Russian position.                                            |            |

Pas d' Espan is an old fashioned Russian ballroom dance, popular throughout Europe. The name is French and means 'Spanish Step'. There are several possible figures, not necessarily danced in a certain order. For the convenience of the Federation groups the routine given here is as danced by Chang's International Folk Dancers.

**MUSIC:** Records: Kismet A109 (124) may be used if slowed down and each pattern is repeated.  
Columbia 20295 A

Piano: Beliajus - Dance and Be Merry, Vol. II.  
Music in 3/4 time.

**FORMATION:** Couples, inside hands held, facing counter-clockwise.

**STEPS:** \*Waltz, step-draw, balance. Steps are described for man; woman uses opposite hand or foot.

\*Description for steps to be found in Introduction.

**THE DANCE:**

| Music        | Description                                                                                                                                                                                                                                                  | Check List   |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| A. Measure 1 | I. <u>Pas d' Espan step.</u><br>Facing partner, stamp diagonally fwd on outside foot, swing inside foot and joined inside hands fwd.                                                                                                                         | Pas d' Espan |
| 2            | Turning back to back, rise slightly on inside foot, close outside foot to inside.                                                                                                                                                                            |              |
| 3 - 4        | Keeping inside hands fwd and remaining back to back, step bwd on outside foot, draw inside to closed position. Step-close bwd again.                                                                                                                         |              |
| 5 - 8        | Repeat fwd starting on inside foot, swinging joined hands back and facing partner for 2 step-draws bwd on inside foot.                                                                                                                                       |              |
| B. 9 - 10    | <u>Chorus</u> - Face partner, (hands not joined). Balance to R then L as follows: Step back on R, step L across in front, step back on R; repeat starting with L.                                                                                            | Cross Over   |
| 11 - 12      | With 2 waltz steps exchange places with partner, passing R shoulders, and turning to face each other. Repeat balances and waltz steps to return to own places.                                                                                               |              |
| 13 - 16      |                                                                                                                                                                                                                                                              |              |
| A. 1 - 2     | II. <u>Waltz Turn</u> - Drop hands, starting with outside foot, take 2 waltz steps fwd and turning completely around away from partner. End facing partner. Take 2 step-draws in line of direction. Repeat waltz turns and step-draws in opposite direction. | Waltz Turn   |
| 3 - 4        |                                                                                                                                                                                                                                                              |              |
| 5 - 8        |                                                                                                                                                                                                                                                              |              |
| B. 9 - 16    | <u>Chorus</u>                                                                                                                                                                                                                                                | Cross Over   |
| A. 1 - 3     | III. <u>Pas d' Espan step</u><br>Same as for meas. 1 - 3 of Figure I. (Note only 1 step-draw.)                                                                                                                                                               | Pas d' Espan |
| 4            | Step bwd on outside foot, pivot on that foot while swinging the inside foot back and thru so as to face in opposite direction. Drop hands and join other hands.                                                                                              |              |
| 5 - 8        | Repeat whole Pas d' Espan step facing in new direction.                                                                                                                                                                                                      |              |
| B. 9 - 16    | <u>Chorus</u><br>Repeat from beginning.                                                                                                                                                                                                                      | Cross Over   |

# THE RUSSIAN POLKA -- Version 1

10

The Russian Polka was introduced to the San Francisco Bay Area folk dancers through members of the Russian colony. It is a simple, gay ballroom dance, and as interpreted by the Russian-Americans, it consists only of the dance patterns described under I and II below. The dance should be performed with lightness and grace.

**MUSIC:** Records: Polka Koketka--Kismet A104; Polka Mamunia--Col.18100F;  
Ochetka Polka--Col.20333F; Col.20346F; Vic.21104.  
Piano: Beliajus, F.V., Dance and Be Merry, Vol. I, p.19.

**FORMATION:** Couples in Russian position in large circle, progressing counter-clockwise.

**STEPS:** Touch-Kick step; Russian polka (see Czech polka\*).

## THE DANCE

| MUSIC      | DESCRIPTION                                                                                                                                                                                                                                                                                                      | CHECK LIST         |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| A. Measure | I.-- <u>Touch-Kick Step</u> --This is a light, precise step done in place. Both dancers start with L foot                                                                                                                                                                                                        | Touch-Kick Step    |
| 1          | Touch L toe in front of R foot, kick L foot diagonally to L, straightening knee to complete the movement.                                                                                                                                                                                                        |                    |
| 2          | Step L, R, L (polka rhythm) in place, at the same time turning slightly away from the center of the circle.                                                                                                                                                                                                      |                    |
| 3-4        | Repeat the above steps, starting with the R foot and finish by turning slightly toward the center of the circle.                                                                                                                                                                                                 |                    |
| 5-8        | Repeat the steps described for measures 1-4.                                                                                                                                                                                                                                                                     |                    |
| B. Measure | II.-- <u>Russian Polka Step</u> --This is done smoothly, with feet kept close to floor. Couples sway from side to side, as they move forward. The first step of each polka (measure) is slightly accented. It is a long, smooth, reaching step, danced on the balls of the feet. Both dancers start with L foot, | Russian Polka Step |
| 1-7        | Step L, R, L; step R, L, R, etc., for seven polka steps.                                                                                                                                                                                                                                                         |                    |
| 8          | Stamp R, L, R, in place                                                                                                                                                                                                                                                                                          |                    |
|            | Patterns I and II are repeated as long as desired.                                                                                                                                                                                                                                                               |                    |

The following patterns are sometimes substituted for Pattern II in subsequent repetitions of the dance.

|                    |                                                                                                                                                                                                            |             |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| B. Measure.<br>1-7 | IIa.--Woman Turns Under Partner's Arm.<br>Drop L hands, keep R hands joined. As the man polkas forward, the woman turns clockwise under the man's R arm.                                                   | Woman Turns |
| 8                  | Stamp R, L, R.                                                                                                                                                                                             |             |
| B. Measure.<br>1-7 | IIb.--Woman Polkas Around Man.<br>Keep both hands joined and held high. Woman polkas around man, turning left, and making a complete circle, finishes so that partners are in original (Russian) position. | Dishrag     |
| 8                  | Stamp R, L, R.                                                                                                                                                                                             |             |

### RUSSIAN POLKA--Version 2

In May, 1944 this version of the Russian Polka was performed on the Russian ship "Industria" in the Oakland harbor.

MUSIC: See Version 1

FORMATION: See Version 1

STEPS: \*Pas de Basque \*Turning Step Stamp Step

### THE DANCE

| Music        | Description                                                                                                                                                                                                          | Check List    |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Measure<br>1 | I.--Pas de Basque<br>Couples, in Russian position, execute back Pas de Basque, in restrained manner, starting to the R. (Back Pas de Basque: step R, to side, place L in back of R, step R in place.)                | Pas de Basque |
| 2            | Back Pas de Basque to L.                                                                                                                                                                                             |               |
| 3-4          | The man, holding partner's L hand in his L, takes 4 walking steps forward, R, L, R, L, at the same time turning partner to her R under his L arm, finishing in Russian position. (Woman turns with 4 walking steps.) |               |
| 5-8          | Repeat the above figure except finish with partners facing. (Man with back to center.)                                                                                                                               |               |
| 1-2          | II.--Stamp Step<br>Man and woman, with hands at their sides, stamp forward R, step R, back into place, stamp forward L, step L, back into place.                                                                     | Stamp Step    |
| 3-4          | Man and woman exchange places in 3 steps, passing R shoulders. Turn and face partner on last beat of measure 4.                                                                                                      |               |
| 5-8          | Repeat stamp step R and L. Woman passes in front of man as they cross to assume Russian position.                                                                                                                    |               |

TROIKA (RUSSIAN)

20

Troika is translated from the Russian as meaning "Three Horses." Introduced to the Federation by Madelynnne Greene.

MUSIC: Record: Kismet A104  
Piano: Dance direction sheets put out by Michael Herman Group.

FORMATION: In a large circle, facing counter clockwise. Sets of three--one man with a lady on either side. Inside hands joined at shoulder height. Outside hands extended outward at shoulder height.

STEPS: \*Leap \*Run  
\*Description to be found in Introduction

THE DANCE

| DANCE   | DESCRIPTION                                                                                                                                                                                                                                                              | CHECK LIST          |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| A.      |                                                                                                                                                                                                                                                                          |                     |
| Measure | I. <u>Leap-run forward</u>                                                                                                                                                                                                                                               | I. Leap-run forward |
| 1       | Starting with R foot, take 4 leaping steps forward diagonally to the R.                                                                                                                                                                                                  |                     |
| 2       | Continue leaping 4 diagonally forward to L.                                                                                                                                                                                                                              |                     |
| 3-4     | Continue leaping 8 directly forward in line of direction in large circle.                                                                                                                                                                                                |                     |
| 5-6     | II. <u>Arch</u><br>Keeping inside hands joined with man, R hand lady runs 8 in front of man and through arch formed by hands of man and other lady; returning to place.<br><br>Man follows her around, running 8, turning inside own L arm. Second lady runs 8 in place. | II. Arch            |
| 7-8     | L hand lady runs 8 under arch formed by man and R hand lady. Man follows under own arm. Second lady runs 8 in place.                                                                                                                                                     |                     |
| B.      | III. <u>Circle</u>                                                                                                                                                                                                                                                       | III. Circle         |
| 1-3     | Each set of three join hands in own small circle and run 12 in clockwise circle.                                                                                                                                                                                         |                     |
| 4       | Stamp 3 times.                                                                                                                                                                                                                                                           |                     |
| 5-7     | Sets of three circle and run 12 in counter clockwise direction ending with man facing in line of direction of <u>large circle</u> .                                                                                                                                      |                     |
| 8       | Man runs forward through arch formed by inside hands of 2 ladies and progresses on to the two ladies of the set ahead.                                                                                                                                                   |                     |

This dance is one of the favorite ballroom dances of various Russian-American groups throughout the country. This dance is also called the Russian Two-Step or Karapist.

The form given for the dance is the one commonly used by the Russian colony and folk dancers in the San Francisco Bay region. This dance should be done in a more sober and dignified manner as contrasted with the more exuberant Russian dances.

**Music:** Records: Kismet 1401 Col. 20322 Col. 20349F (Rusky Two Step) Okeh 16008 Victor 21104  
Piano: Beliajus, Finadar: Dance and Be Merry Vol. 1, p.24 "Armenian Dance" Karapist.

**Formation:** Double circle, couples in open ballroom position. Line of direction counter-clockwise.

**Steps:** \*Pas de Basque, \*Two Step, and Touch Step  
Touch Step: With weight on right foot, touch left foot forward in front of right (count 1 and) and then touch left foot to the rear behind the right foot, (count 2 and).

(Steps described are for the man. Lady's step the same with opposite foot.)

## THE DANCE

| Music               | Description                                                                                                                                                                                                       | Check List             |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| A. Measure<br>1 - 2 | I. <u>Touch Step and Walk</u>                                                                                                                                                                                     | I. Touch Step and Walk |
| 1                   | With weight on right foot, touch left foot forward, hold, touch left foot in back of right, hold.                                                                                                                 |                        |
| 2                   | Walk forward step left, step right, step left, close right with weight on right foot.                                                                                                                             |                        |
| A. Measure<br>3 - 4 | Repeat. On count 4 as the weight is put on the left foot the couple turn at the same time to reverse their direction pointing the right foot forward. Joined hands are raised.                                    |                        |
| B. Measure<br>1 - 2 | (Steps repeated clockwise, with arms extended in rear.)                                                                                                                                                           |                        |
| B. Measure<br>3 - 4 | Repeat. On count 4 as the weight is put on the right foot the couple reverse direction so man's left foot is pointing forward (man's right and lady's left shoulder now adjacent.)                                |                        |
| A. Measure<br>1 - 2 | II. <u>Pas de Basque</u>                                                                                                                                                                                          | II. Pas de Basque      |
| 1                   | Inside hands joined, outside hands on hips, with closed fist. Couples facing each other, moving counter clockwise.<br>Man pas de basque to his left (girl right)<br>Repeat pas de basque to the right (girl left) |                        |
| 2                   | Both turn outward progressing forward.<br>(Man turning left, right, left, hold)                                                                                                                                   |                        |
| A. Measure<br>3 - 4 | Repeat pas de basque and turn continuing in same direction.                                                                                                                                                       |                        |
| B. Measure          | III. <u>Walk Step</u>                                                                                                                                                                                             | III. Walk Step         |
|                     | (Inside hands joined at shoulder height, outside hands on hips.)                                                                                                                                                  |                        |
| 1                   | Walk forward left, right, left, stamp-close right, at the same time turning, without dropping hands.                                                                                                              |                        |
| 2                   | Walk in other direction right, left, right, close left.                                                                                                                                                           |                        |
| 3                   | Pas de Basque left, pas de basque right                                                                                                                                                                           |                        |
| 4                   | Turn clockwise in social dance position with two quick two steps.                                                                                                                                                 |                        |

(Repeat the dance at will)

Legend tells that the Tarantella with its wild turns was done to relieve the maddening pain of the tarantula's sting. Encyclopedia Britannica states more correctly that this dance derives its name from the Italian city of Taranto in Apulia.

There are numerous versions of the Tarantella. The one listed below is as done by a majority of Federation groups. Using Mary Hinman's version as basis, Barbara Hirschfield began to teach the dance to the Berkeley Folk Dancers. When she was called away, the remainder of the arrangement was completed by Constance Monoharsh. The steps were arranged in order to fit the specific record.

MUSIC: Records: Victor Record V-175A Sicilian Tarantella  
Victor Record V12462A Fischietto  
Piano: Hinman, Mary: Gymnastic and Folk Dancing, Vol. IV

FORMATION: To be danced in groups of four. Carry tambourines. W--women M--men

```

      M   W
      |   |
      M   W
  
```

STEPS: \*Step-hop \*Chasse (slide) \*Heel and Toe  
\*Hop \*Skip \*Buzz Turn  
Change Step  
Change Step: Jump on R foot at the same time kicking L foot straight forward (ct. 1); quickly change feet kicking R foot forward (ct. 2) and so on. Strike tambourine directly in front once for each count.

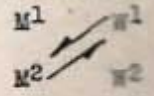
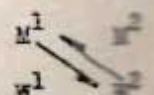
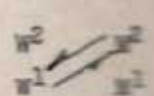
Music in 3/8 or 2/4 time. Count two beats to a measure.

\*Description for step to be found in Introduction.

### THE DANCE

| <u>MUSIC</u>   | <u>DESCRIPTION</u>                                                                                                                                                                                | <u>CHECK LIST</u>               |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| A. Measure 1-4 | <u>Introduction</u><br>Stand, hands straight up, shaking tambourine                                                                                                                               | Introduction                    |
| 5              | I. <u>Step-hop-swing and change step</u><br>Step R, swing L foot forward and across and hop on R                                                                                                  | I. Step-hop-swing & change step |
| 6              | Repeat, stepping L                                                                                                                                                                                |                                 |
| 7-8            | Four change steps starting R                                                                                                                                                                      |                                 |
| Repeat 1-8     | Repeat step-hop-swing and change sequence twice more.                                                                                                                                             |                                 |
| B. Measure 1-2 | II. <u>Hopping to side</u><br>With weight on L foot, lift R knee high to the side (keeping R foot close to L knee), keep it up and hop 4 times toward R. R hand on hip, tambourine in L overhead. | II. Hopping to side             |
| 3-4            | Stamp on R, turn right 4 counts, using buzz step. L hand on hip. R hand stretched low to R holds tambourine.                                                                                      |                                 |
| 5-8            | Repeat hops and turn to L                                                                                                                                                                         |                                 |
| Repeat 1-8     | Repeat whole sequence to R, then L.                                                                                                                                                               |                                 |

| MUSIC      | DESCRIPTION                                                                                                                                                                              | CHECK LIST                                                                          |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| C. Measure | III. <u>Square</u>                                                                                                                                                                       | III. Square                                                                         |
| 1-2        | All face out. Both hands overhead.<br>Slide R four slides to next person's place.                                                                                                        |  |
| 3-4        | Stop at new corner to do 4 change steps, starting on R foot.                                                                                                                             |                                                                                     |
| 5-8        | Repeat all until each person has returned to original place.                                                                                                                             |                                                                                     |
| Repeat 1-8 |                                                                                                                                                                                          |                                                                                     |
| D. Measure | IV. <u>Skip Across</u>                                                                                                                                                                   | IV. Skip Across                                                                     |
| 1-2        | Partners face, both arms raised.<br>Skip four to partner's place, passing R shoulders                                                                                                    |  |
| 3-4        | Stop to do four change steps in place                                                                                                                                                    |  |
| 5-6        | Skip <u>backward</u> passing R shoulders to original places                                                                                                                              |  |
| 7-8        | Do four change steps.                                                                                                                                                                    |  |
| Repeat 1-8 | Repeat whole sequence                                                                                                                                                                    |                                                                                     |
| E. Measure | V. <u>Matching fingers</u>                                                                                                                                                               | V. Matching fingers                                                                 |
| 1          | Man kneels on L knee facing partner. Lady stands.<br>Both have L hands on hips.<br>Both slap R knee (ot. 1), then raise one finger (ot. 2)                                               |                                                                                     |
| 2-4        | Repeat 3 times, raising different numbers of fingers each time.                                                                                                                          |                                                                                     |
| 5-8        | Lady starts R, skips 8 skips around man, returning to place.                                                                                                                             |                                                                                     |
| Repeat 1-8 | Repeat whole sequence                                                                                                                                                                    |                                                                                     |
| F. Measure | VI. <u>Back to back</u>                                                                                                                                                                  | VI. Back to back                                                                    |
| 1          | Men rise. Partners stand back to back with R shoulders touching, arms overhead                                                                                                           |                                                                                     |
| 2          | Tap L toe across R, return L foot to place                                                                                                                                               |                                                                                     |
| 3-4        | Tap R across L, return R to place                                                                                                                                                        |                                                                                     |
| 5-8        | Turn R with four short buzz steps, remaining back to back.                                                                                                                               |                                                                                     |
| Repeat 1-8 | Repeat three more times in all--to end in own place.                                                                                                                                     |                                                                                     |
| B. Measure | VII. <u>Heel and toe</u>                                                                                                                                                                 | VII. Heel and toe                                                                   |
| 1-4        | Facing audience, all progress to R.<br>Hopping on L foot, moving to R, touch R heel (ot. 1), toe (ot. 2) alternately on floor. Continue for 8 ots.<br>L hand holds tambourine, R on hip. |                                                                                     |
| 5-8        | Stamp R and turn R with 8 buzz steps. L hand on hips, R stretched to side with tambourine.                                                                                               |                                                                                     |
| Repeat 1-8 | Repeat whole sequence to L.                                                                                                                                                              |                                                                                     |

| MUSIC         | DESCRIPTION                                                                                                                                                                                                      | CHECK LIST                                                                            |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| C. Measure    | VIII. <u>Face partners--heel and toe</u><br>Partners face                                                                                                                                                        | VIII. Face partners<br>heel and toe                                                   |
| 1             | Hop on R foot, extending L heel sideward (ct. 1)<br>Tap L toe (turned toward other foot) in same spot<br>(ct. 2) Tambourine in L hand.                                                                           |                                                                                       |
| 2             | Repeat above step hopping L, extending R heel & toe.<br>Tambourine changed to R hand.                                                                                                                            |                                                                                       |
| 3-4           | Partners stand with R hips together, R hands around<br>partner's waist, L hand raised high. Hop four on R<br>foot turning with partner in place.                                                                 |                                                                                       |
| 5-8           | Repeat measures 1-4 starting with hop on L, and<br>turning with four hops on L foot.                                                                                                                             |                                                                                       |
| Repeat<br>1-8 | Repeat whole sequence.                                                                                                                                                                                           |                                                                                       |
| D. Music      | IX. <u>Square</u><br>Repeat square as in Figure III                                                                                                                                                              | IX. Square                                                                            |
| 1-8<br>1-8    |                                                                                                                                                                                                                  |                                                                                       |
| E. Measure    | X. <u>Diagonal cross</u>                                                                                                                                                                                         | X. Diagonal cross                                                                     |
| 1-2           | Lady 1 and man 2 skip four to exchange places<br>passing R shoulders. Hands high overhead.<br><br>Simultaneously Lady 2 and Man 1 do four change steps<br>in place.                                              |    |
| 3-4           | Lady 2 and Man 1 exchange places<br>Lady 1 and man 2 do change steps in place                                                                                                                                    |   |
| 5-6           | Lady 1 and Man 2 skip four <u>backward</u> steps to own places.<br>Lady 2 and man 1 do change steps in place.                                                                                                    |  |
| 7-8           | Lady 2 and Man 1 skip <u>backward</u> to original places.<br>Lady 1 and Man 2 do change steps                                                                                                                    |  |
| Repeat<br>1-8 | Repeat whole sequence                                                                                                                                                                                            |                                                                                       |
| G. Measure    | XI. <u>Star</u><br>Form star with R hands to center, tambourine<br>raised in L hand.<br>Hop eight on R foot moving forward.                                                                                      | XI. Star                                                                              |
| 1-4           |                                                                                                                                                                                                                  |                                                                                       |
| 5-8           | Break star, stamp L and turn L away from square<br>with 8 buzz steps, R hand on hip and tambourine<br>stretched out in L.                                                                                        |                                                                                       |
| Repeat<br>1-8 | Repeat starting with L hand star and turning to R.                                                                                                                                                               |                                                                                       |
| H. Measure    | XII. <u>Step-hop-swing and change step</u><br>Repeat step-hop-swing and four change steps<br>(See I) twice starting to R.                                                                                        | XII. Step-hop-swing<br>and change step                                                |
| 1-8           |                                                                                                                                                                                                                  |                                                                                       |
| J. Measure    | XIII. <u>Turn and pose</u><br>R hand overhead, step to R and buzz 15 counts<br>ending in pose with man's R hand around lady's<br>waist; lady's L hand on her hip; both outside<br>hands with tambourines raised. | XIII. Turn and pose                                                                   |
| 1-8           |                                                                                                                                                                                                                  |                                                                                       |