

Helenka

(Slovakia)

This is a women's dance from east Slovakia that was presented by Jitka Bonušová at the 2016 Stockton Folk Dance Camp at the University of the Pacific.

Pronunciation: HEH-lehn-kah Translation: Helen dearest
 Music: 4/4 meter *Czech Folk Dances*, Track 9
 Formation: Circle of dancers facing ctr, hands joined in V-pos. In Slovakia, the dance is done only by women, who would use back-basket hold. Men would do a slapping dance to this music.
 Video: *2016 Stockton Folk Dance Camp DVD*
 Steps and Styling: Bell Step (cifra): Three small quick steps (R, L, R) kicking L ft sharply to L side on the third step and moving slightly fwd and leaning slightly in direction of leading ft (cts 1, &, 2). When repeated, it is done with opp ftwk and direction.
 For movements that are the same in Hungarian dance, the Hungarian terms (cifra, rida) are provided as well.

Measures	4/4 meter	PATTERN
1	INTRODUCTION. The first time through the dance, wait through the first meas of Fig I and begin with meas 2.	
	I. <u>SIDE-STEPS TO L AND R.</u>	
1	Step L to L (ct 1); step R next to L (ct 2); step L to L (ct 3); touch R next to L (ct 4).	
2	Step R to R (ct 1); hold (ct 2); step L beside R (ct 3); hold (ct 4).	
3	Repeat meas 2, except on ct 3 touch L beside R.	
4-6	Repeat meas 1-3, except on ct 3 of meas 3 step on L beside R.	
	II. <u>TRAVEL TO L; BELL STEPS.</u>	
1	Step R diag fwd in front of L, swinging arms fwd (ct 1); hop on R (ct 2); step L diag bkwd L, swinging arms bkwd (ct 3); hop on L (ct 4).	
2	Repeat meas 1.	
3	Step R diag fwd in front of L (ct 1); take low leap onto L diag bkwd L (ct 2); repeat cts 1-2 (cts 3-4). <u>Note</u> : These are down rida steps.	
4	Repeat meas 3. <u>Note</u> : There is a total of 8 down ridas in meas 3-4.	
5-6	Facing and moving CCW, do 4 Bell Steps (cifras) beginning with R.	
7	Step heavily R, L in place (cts 1-2); stamp R in place (ct 3); hold (ct 4).	
8-11	Repeat meas 3 four times. <u>Note</u> : There is a total of 16 down ridas in meas 8-11.	
12-13	Repeat meas 5-6.	
14	Facing ctr, repeat meas 7.	

Sequence: The dance is done four times.