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ORLOVSKAYANote: For easy reading open staples,
remove description, close staples.*(Russia)*

Orlovskaya (Or lov' skah ya) is a couple dance from the region of Orel in central Russia. It was presented by Anatol Joukowsky at the College of the Pacific Folk Dance Camp in 1960.

MUSIC: Moiseyev Dance Ensemble. Bruno BR 50046 Side A, Band 1 "Polyanka".
Moiseyev Russian Folk Ballet Co. Epic LC 3459 Side 1, Band 5 "Polianka".

FORMATION: 6-10 cpls in a set as for a contra dance. Line of M facing line of W with ptrs facing each other.
(Usually one set on each side of the room, M on inside with backs twd M in opp set, W on outside facing ptr.) Hands on hips, palms out.

STEPS AND STYLING: Walking steps are done with small plie' or bend of knee. Unless otherwise given, free hands are on hips, palm out.
Traveling Step: (1 to 2 meas) Run L (ct 1) R (ct 2), Still running, step flat on L bending the L knee while lifting bent R knee (meas 2, ct 1). Still running, step on ball of R (ct 2).
Step always starts on L.
Description same for M and W except where noted.

*MUSIC 4/4, 2/4**PATTERN***Measures****4/4 meter** INTRODUCTION - THE BOWS

1-8 Turn 1/4 to own R and bow. L hand on hip. With R hand make sweeping gesture up, out, and down (meas 1-2). Turn 1/2 to L and bow. R hand on hip and L makes sweeping gesture (meas 3-4). Turn 1/4 to R to face ptr and bow with both hands coming from hips to make sweeping gesture. Slowly return hands to hips while straightening up. (meas 7-8). Bows are from the waist and wt is on both ft.

I. SLOW WALK

1-2 Walk to own R, stepping R, L, R, 2 steps to meas. Turning L to look at ptr, stamp L, toe turned out (no wt) (meas 2, ct 2).

3-4 Walk to own L, stepping L, R, L. Facing ptr, stamp R next to L (no wt) (meas 4, ct 2).

5-6 Walk twd ptr 3 steps (R,L,R) to end back to back, R shoulders adjacent. Stamp L (no wt) (meas 6, ct 2).

7-8 Back up to place, walking L, R, L. Facing ptr, stamp R next to L (no wt) (meas 8, ct 2).

2/4 meter **II. BALANCE TO PARTNER AND CIRCLE**

1 Step twd ptr on R, turning R shoulder to ptr (ct 1). Hold(ct 2)

2 Close L to R (no wt) (ct 1). Hold(ct 2)

3 Step back to place on L (ct 1). Hold(ct 2)

4 Close R to L (no wt) (ct 1). Hold(ct 2)

5-8 Repeat action of meas 1-4 (Fig. II).

9-15 With 7 steps (1 to a meas), starting R, walk in CW circle with ptr, keeping R shoulder twd ptr. End facing ptr.

Meas 9-16: Repeat action of meas 1-8 (Fig. VI). During all of Fig. keep eyes on ptr.

VII. COUPLE TURN

- 1-14 Starting R, meet ptr and turn CW with 28 small walking steps (2 to a meas). Turn pos: Hook R arms as if for an elbow turn but instead straighten R elbow and hold stiff. Place R hand at ctr of ptr back. Hold L arm low and out to side. At end of meas 14 M should face head of set and W ft of set.
- 15-16 M dance 4 steps in place as W make 1/2 turn to R to end facing head of set. No wt on last step on R for W. W hook L arm in M bent R arm. Cpls now one behind the other all facing head of hall.

VIII. SET MOVES FORWARD AND BACK TO PLACE

- 1 Stamp inside ft (MR, WL), toe turned out and bending knee, at heel of outside ft (ct 1). Step fwd on outside ft (toe pointing in LOD) (ct 2).
- 2-8 Repeat action of meas 1 (Fig. VIII) 7 more times. Finish with wt on M L, W R (Do not omit ct 2 of last meas.).
- 9 Moving bwd, M step on ball of R ft (WL) (ct 1). M step bwd on ball of L ft (WR) (ct 2). Drop onto flat of ft (MR, WL), extending other ft fwd with toe turned out (ct 2). Body turns slightly in direction of pointing toe. While dancing, slide arms from hooked pos to inside hands joined.
- 10 Repeat action of meas 9 (Fig VIII) but start with M L, W R.
- 11-14 Repeat action of meas 9-10 (Fig. VIII) 2 more times.
- 15 Repeat action of meas 9 (Fig. VIII).
- 16 M stamp L, R (cts 1, 2). W stamp R, L. End facing ptr. During this Fig. M may have L arm extended diag fwd L, shoulder height, palm up. Otherwise, free hand on hip.

IX. DISHRAG TURNS

- 1 With inside hands still joined, step to side on M L, W R and make full pivot turn to M L, W R to end facing ptr.
- 2 Dance 3 steps in place facing ptr (cts 1, 2). M start R, W L.
- 3-8 Repeat action of meas 1-2 (Fig. IX) three more times. End facing ptr.
- 9 Both stamp R (ct 1). M clap. W hands on hips. Hold (ct 2.)
- 10 M stamp L (ct 1). Knees are slightly bent and arms are ready to help with following turn. W stamp R again. Hold (ct 2.)
- 11-12 M: Pivot to R on R once around (meas 11). L ft close to floor. Stop turn by stepping on L (meas 12, ct 1). Hold (ct 2.) Use arms naturally in turn. Finish facing ptr.
- W: Turn to R once around in 4 steps (2 to a meas) starting with R. Hands on hips.
- 13-16 Repeat action of meas 9-12 (Fig. IX).

X. THE BRIDGE

- 1 - 32 Form a bridge by joining MR and WL hands and facing head of hall. First cpl turns in and travels down under the bridge. As soon as they are started, the second cpl follows and so on. Cpls forming the bridge move up as the ones ahead duck down under the bridge. When end of bridge is reached, M turn to R (W L), join inside hands with ptr and move up the set in bridge formation. All cpls back in original pos by end of music. When part of bridge with inside hands joined, use same step as in Fig. VIII, meas 1-8. When going under bridge, use small walking steps (2 to a meas). Pos for going under bridge: Join R hands at M back. M put L hand on WL shoulder. W put L hand on hip. Crouch down with heads together. Cpls finish facing heads of hall with inside hands joined.

ORLOVSKAYA (cont.)

- 16 Close L next to R (no wt) (ct 1). Hold (ct 2.)
- 17-24 Repeat action of meas 1-8 (Fig. I) but start with L.
- 25-31 With 7 steps (1 to a meas), starting L, walk in a CCW circle with ptr, keeping L shoulder twd ptr.
- 32 Do 3 fast stamps (R,L,R) to finish facing ptr. W put no wt on last stamp on R.

III. WOMAN CIRCLES MAN

- 1-8 M: With hands on hips, stamp L (toe turned out) on ct 1 of meas 1, 3, 5, 7.
W: With 16 small steps (2 to a meas) starting R, make CW circle around M. End ptrs facing.
- 9-10 M: Step to L on L, moving L shoulder twd ptr (ct 1). Stamp R heel near L instep, toe turned out (no wt) (ct 2). Repeat action starting R for meas 10.
W: Small step to R on R, moving R shoulder twd ptr (ct 1). Close L to R, toe turned out (no wt) (ct 2). Repeat action starting L for meas 10.
- 11-14 Both: Repeat action of meas 9-10 (Fig. III) two more times.
- 15 Both: Repeat action of meas 9 (Fig. III).
- 16 M: Do 3 fast stamps R, L, R (cts 1,&,2).
W: Repeat action of meas 10 (Fig. III).

IV. TAKING TURNS

- 1-3 M stamp L, toe turned out, on ct 1 of each meas. W watch M.
- 4 M do 3 fast stamps L, R, L (cts 1,&,2). W still watch M.
- 5-8 W, moving to R and away from M, make 1 CW circle on 8 small steps starting R (2 steps to a meas). M watch W.
- 9-12 Repeat action of meas 1-4 (Fig. IV) but with M stamping R.
- 13-16 Repeat action of meas 5-8 (Fig. IV) but with W moving to L and away from M to make 1 CCW circle. W start with L (no wt on last step on R).

V. ARCHES

- 1-8 M join hands in a line and make arches. W hands on hips. Starting R, lines walk twds each other. W duck under arches passing ptr by R side. After passing lines move to ptr pos. All turn R to face ptr, M dropping hands. Take 16 small steps, 2 to a meas, for this action.
- 9-16 Repeat action of meas 1-8 (Fig. V) but with W arching. Still pass R side. End in original place facing ptr.

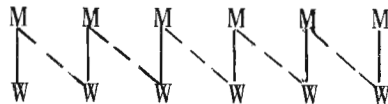
VI. MAN PRYSIADKAS

- 1-16 M: Do 8 heel prysiadkas (squat-meas 1; land on heels-meas 2). Use arms naturally as needed for balance.
W: Meas 1: Step to R on R (ct 1). Hold (ct 2.)
Meas 2: Step L behind R, bending knees, L shoulder following L ft (ct 1). Hold (ct 2.) W now almost faces ft of set.
Meas 3: Step R, turning R to face diag L of head of set with L shoulder pointing diag twd ptr (ct 1). Step L next to R (ct 2).
Meas 4: Step R in place (ct 1). Hold (ct 2.)
Meas 5-8: Repeat action of meas 1-4 (Fig. VI) but start with L. First step on L will be diag bwd twd beginning pos. On stepping R behind L, almost face head of set. Do the 3 quick steps facing diag R of ft of set with R shoulder pointing diag twd ptr.

ORLOVSKAYA (cont.)

XI. FORMING A CIRCLE

- 1-16 Dance 8 Traveling Steps (starts on L). First M lead set into CW circle. Each W join R hand with L hand of M behind. Hands are joined about shoulder level. On third ct of each Traveling Step, hands will rise to about head level and then return to shoulder level. As soon as possible 1st M and last W join hands to complete circle.



XII. PRYSIADKAS IN THE CIRCLE

- 1-6 Drop hands. Facing ctr of circle, M do 3 heel prysiadkas (1 to 2 meas). W repeat action of Fig. VI. Start step facing ctr of circle. This takes 16 meas so no further directions are given to W.
- 7-8 Starting R, M walk 4 steps into circle, turning R to face ptr, back to ctr.
- 9-16 M do 4 heel prysiadkas (1 to 2 meas).

XIII. FINALE

- 1-4 With R arm around ptr, R hips adjacent, turn CW with ptr with 8 quick walking steps (2 to 4 meas). Start R ft. Hold L arm high.
- 5-8 Continuing cpl turn, dance 4 buzz steps (Flat on R-ct 1; up on ball of L-ct 2).
- 9-12 Repeat action of meas 1-4 (Fig. XIII).
- 13-14 Dance 2 buzz steps. End with W on outside of circle.
- 15-16 With lead from M, W turn to R $1\frac{1}{2}$ times on 4 steps. End facing LOD with inside hands joined and outside hands raised.
- M may accent ending with a stamp.