

TREPAK

(Central Russia)

Trepak (Treh-pahk) is a typical central Russian dance performed by the Piatnitsky Song and Dance Ensemble of Russia. This simplified arrangement was done by Anatol Joukowsky who introduced it at the 1968 Statewide Institute in Oakland. It was also presented by him at the 1968 University of the Pacific Folk Dance Camp.

MUSIC: Record: Bruno BR 50158 Side A, Band 1 - Molodiozhnaya Pliaska

FORMATION: Inner circle of M facing an outer circle of W. No ptrs needed so the number in the two circles need not be even, but one circle should not be too much larger than the other.

STEPS and STYLING: Triplet Ending: Many patterns end with 3 light stamps always R,L,R (no wt). Since the timing varies it will be given each time.

Flat Buzz: 4 to a meas. W only do this step. Step flat on R ft, bending knee (ct 1). Step flat on L ft next to R, knee straight (ct &). Repeat action for cts 2,3,4. Step is done in place and has the feel of a buzz step because of the down-up motion produced by the knee action. On ct 1 slightly raise R shoulder as L shoulder is dropped a little. On ct 2 slightly raise L shoulder as R shoulder is dropped. Repeat action for cts 3,4. Do not deliberately swing hips.

MUSIC 4/4

PATTERN

Measures

INTRODUCTION

2 meas M hook thumbs in belt front about 6 to 8 inches apart. W place back of hands on hips. Unless otherwise stated, this is the hand pos used throughout the dance.

I. WALK AND SLOW STAMPS

- 1 M circle RLOD, W LOD (each to own R). Walk R,L,R (cts 1-3). Touch L heel fwd, knee straight and toe turned out (ct 4). Body turns twd extended ft.
- 2 Continuing in same direction, repeat action of meas 1, beginning L ft.
- 3-8 Repeat action of meas 1-2 three more times.
- 9 All take 1/4 turn L to face opp circle. Circles move twd each other. Step R (ct 1). Stamp L next to R (no wt) (ct 2). Step L (ct 3). Stamp R next to L (no wt) (ct 4).
- 10-11 Repeat action of meas 9 two more times.
- 12 Triplet Ending (cts 1,2,3). Hold ct 4.
- 13-16 Repeat action of meas 9-12 but back away from opp circle to orig place. Circles are still facing.

II. M STAMPS, HEEL SLAPS, W FLAT BUZZ

- 1 M stamp R,L,R (cts 1,2,3). Hold ct 4. W stand still and watch M.
- 2 W turn CW once in place stepping R,L,R (cts 1,2,3). Step L beside R (no wt) (ct 4). M watch W.
- 3-4 Repeat action of meas 1-2 (Fig II) except that W turn CCW once in place beginning L ft.
- 5-8 M: Meas 5: Step R in place (ct 1). Bending L knee, raise lower L leg so as to slap outside of L ft with L hand (ct &). Step on L and slap R ft with R hand (cts 2,&). Repeat action for cts 3,&,4,&. Do not hop when slapping ft.
Meas 6: Repeat action of meas 5, cts 1,&,2,&. Do Triplet Ending (cts 3,&,4). Altogether this makes 6 heel-slaps and a Triplet Ending.
Meas 7-8: Repeat action of meas 5-6.
- Note: Instead of dancing on the spot, it is permissible to move slightly fwd twd W on meas 5-6 and bkwd away on meas 7-8.
- W: Meas 5-8: Dance 14 Flat Buzz steps in place and do Triplet Ending same as M.

III. M STEP-CLOSE, W ZIG-ZAG

- 1 M move in RLOD with R thumb still in belt and L arm extended about chest height twd W, palm up. Step on R heel in RLOD, toe pointed in RLOD (ct 1). Close L instep to R heel, bending knees (ct 2). Repeat action for cts 3,4.

Measures

- 2-8 M repeat action of meas 1 (Fig III) seven times (16 step-close in all).
W: Meas 1: Moving diag R fwd twd M circle, walk R,L,R,L (cts 1-4). Hands move fwd twd M ending with palms up, hands about waist height.
Meas 2: Moving fwd diag R away from M circle, walk 4 more steps beginning R. Retrace path of hands to return them to hips, palms out.
Meas 3-8: Repeat action of meas 1-2 (Fig III) three times. Actually this is a zig-zag pattern in and out 4 times.

IV. M STAMPS, HEEL SLAPS, W FLAT BUZZ

- 1-8 Repeat action of Fig II.

V. WALK AND FAST STAMPS

- 1-8 Repeat action of Fig I, meas 1-8.
 9 All take 1/4 turn L to face opp circle. Circles move twd each other. Step R (ct 1). Stamp L next to R (no wt) (ct &). Step L (ct 2). Stamp R next to L (no wt) (ct &). Repeat all for cts 3,&,4,&.
 10 Repeat action of meas 9, cts 1,&,2,& (Fig V). Do Triplet Ending (cts 3,&,4). Meas 9-10 together become 6 "step & stamps" plus a Triplet Ending. Action is same as Fig I, meas 9-12 but done twice as fast.
 11-12 Repeat action of meas 9-10 (Fig V) but back away from opp circle to orig place.

VI. WALK, WALK, STEP IN PLACE

- 1 M circle RLOD, W LOD. Walk fwd R,L (cts 1,2). Step fwd small step on R (ct 3). Step L next to R (ct &). Step R next to L (no wt) (ct 4).
 2-7 Repeat action of meas 1 (Fig VI) six times (7 in all). Step does not alternate.
 8 Step R (ct 1). Stamp L next to R (no wt) (ct &). Step L (ct 2). Stamp R next to L (no wt) (ct &). Hold ct 3. Beginning with a small leap, stamp R (ct &). Stamp L next to R (ct 4).

VII. WALK AND UNEVEN STAMPS

- 1-8 Repeat action of Fig I, meas 1-8.
 9-10 Making a sharp 1/2 turn L (CCW), stamp R (ct 1). R shoulder now points twd opp circle. Hold cts 2,3,4. Stamp L (ct &). Repeat action for meas 10 (no 1/2 turn necessary).
 11 Stamp R (ct 1). No action for rest of meas.
 12 Turn once CW in place with 4 steps, R,L,R,L (cts 1,2,3,4). End with R shoulder twd opp circle.
 13-16 Repeat action of meas 9-12 (Fig VII) but omit 1/2 turn L.

VIII. WALK, WALK STEP IN PLACE

- 1-8 Repeat action of Fig VI.

IX. M STEP-CLOSE, W ZIG-ZAG

- 1-8 Repeat action of Fig III.

X. WALK WITH HEEL BRUSH

- 1-8 Repeat action of Fig I, meas 1-8 but brush the ft fwd instead of putting the heel on the floor. M retain the hand pos of Fig IX (R thumb in belt, L arm extended diag fwd). W join hands in a circle at the start of this Fig.

XI. M STAMPS, HEEL SLAPS, W FLAT BUZZ

- 1-8 Repeat action of Fig II.

XII. ONE BIG CIRCLE

- 1-8 W join hands in a circle. M keep R thumb in belt and extend L arm as before. All repeat action of Fig X (Walk with Heel Brush). On meas 1, M make 1/4 turn L to face LOD. On meas 2-6 M widen circle so as to be next to W circle. On meas 7-8 M join into W circle (circle widens to accept them).