

## U rekee

(Russia)

U rekee (OO reh-KEE) is an example of a lyrical circle dance of the Russian School of folk dance. Although traditional circle dances were always accompanied by a dance song, this music was composed as an instrumental piece. Mid 20th century, Soviet choreographers introduced the circle dances that were danced to instrumental music, ostensibly to avoid the traditional song lyrics that were often judged politically incorrect. This dance was choreographed by Hennie Konings and introduced by him in 2002 on a Russian/Ukrainian folkdance trip in the Ukraine. The name translates as “by the river.” Hennie taught this dance at the 2006 Stockton Folk Dance Camp.

CD: *Russian Dances Selected by Hennie Konings, Stockton 2006 (band 4)* 4/4 meter

Formation: Closed circle, hands joined in V-pos.

Steps: Pripandanya: Small step on R to R side with knee slightly bent (ct 1); step on ball of L ft across behind R with L knee extended (ct 2), giving a down-up feeling. Can also be done to L, starting with step on L ft.

Gliding step: Moving smoothly fwd and leading with toe, step on R (ct 1); step fwd on L (ct 2); step fwd on R (cts 3,4); repeat with opp ftwk (meas 2). Gliding feet stay close to, but not touching, the floor.

Styling: When hands are on hips, they are in a loose fist with thumbs back.

---

Measure	4/4 meter	PATTERN
---------	-----------	---------

---

4 meas INTRODUCTION. No action.

I. FORWARD AND BACK

1-2 Dance 2 Gliding steps fwd twd ctr starting with R ft and slowly raise hands to W-pos.  
3-4 Repeat meas 1-2 bkwd, pushing hands fwd and slowly lowering to sides.

II. SIDE STEPS AND BOW

1-2 Step sdwd on R in LOD (ct 1); step on L next to R (ct 2); step sdwd on R in LOD (ct 3); lightly tap L heel next to R, both knees slightly bent (ct 4). During this meas, the body leans slightly to the L. Repeat with opp ftwk and direction (meas 2).  
3-4 Take small step on R to R or almost in place (ct 1); and make a slow bow to about waist level (cts 2-4); slowly return to upright pos (meas 4).

### III. GLIDING STEPS

1-8 Dance 8 Gliding steps in LOD, starting with R ft.

### IV. PRIPANDANYA STEPS

1-4 Dance 8 Pripandanya steps in LOD beginning with R ft, except that the final step with L becomes a touch with L heel.

5-8 Repeat meas 1-4 with opp ftwk and direction. During meas 7-8, hands are slowly raised, released, and placed on waist.

9-10 Dance 4 Pripandanya steps while making a small circle to R (CW), ending with L shldr twd ctr and with light tap with L heel (ct 2,&).

11-12 Repeat meas 9-10 with opp ftwk, making small circle to L (CCW), but end by closing R ft to L (ct 2) and facing ctr.

### V. FINALE

1-2 Release hands from waist and slowly lower to sides (meas 1); slowly place R hand on heart (meas 2).

3-4 Raise R hand above head (meas 3); deep bow (meas 4).

Repeat dance from beginning two more times.