

ALEXANDROVSKA

(Russian)

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

MUSIC: Record: Kismet 129 or Imperial 1025 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.

Music (3/4)	PATTERN
	I. Back to Back (man facing LOD, moving toward center).
1	Starting with outside foot (man's L, woman's R) step sideward (ct. 1) close inside foot to outside (ct. 2,3).
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 hands 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.
9-16	Repeat steps described for Meas. 1-8, Figure I.
	II. Woman Turn
1-4	Position: Partners facing, inside hands joined, outside on hips, woman turns under man's raised R arm. Man: step sdw. 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. 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.
5-8	Same as for Meas. 1 - 4 in opposite direction.
9-16	Repeat steps described for Meas. 1 - 8, Figure II.
	III. Hands joined in skating position.
1	Waltz forward.
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.
	IV. Couple waltz. Closed position.
1	Step with outside foot (ct. 1), close (ct. 2,3).
2	Step with outside foot (ct. 1), pause drawing foot almost to 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.