

Kak u nashikh u vorot (Russia)

Kak u nashikh u vorot (KAHK oo NAH-sheekh oo vah-ROHT), which means "by our gate," is a traditional dance found all over central Russia, with little differences in each region. This variant is from southwest Russia. Research was done by students of E. Zasimova of the Cultural Institution of Moscow, and presented in Moscow after their field work expedition. The dance was introduced by Hennie Konings in the first Russian Dance Camp in Switzerland of 1988. Hennie taught it at the 1994 University of the Pacific Folk Dance Camp at Stockton, Ca.

Cassette: Russian Dances Stockton 1994 Side B/5, 2/4 meter

Formation: Couples in a single circle, W to R of ptr, hands joined in V-pos.

Steps: Walk: One step per ct (2 steps per meas).

Bouncy Two-Step: Step on R (ct 1), step on L near R (ct &), step on R ct 2), hold (ct &).
Bend and straighten knees slightly on every step but down more so on ct 1.
The feeling is "down-up-up."

Both beg each Fig on R ft.

Measures	2/4 meter	PATTERN
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8 meas INTRODUCTION. No action. Begin with vocal.

I. SINGLE CIRCLE WALK LOD, RLOD

1-2 Beg R, walk fwd LOD (CCW) 3 steps R,L,R; stamp L (no wt), beside R.

3-4 Repeat meas 1-2 with opp ftwk but walking bkwd RLOD (CW).

5-8 Repeat meas 1-4.

II. BOUNCY TWO-STEP LOD

1-8 Dance 8 Bouncy Two-Steps fwd in LOD.

III. COUPLES WALK LOD, RLOD

1-6 Repeat Fig I, meas 1-6. On first 2 cts, M release L hand and step up to L side of ptr both facing LOD, and raise joined MR, WL hands to shldr level, outside hands on hips.
On meas 6, ct 2, M pivot on R 1/2 CW to hook L elbows with ptr. On the pivot, M kick L ft up high sharply in back keeping knees close together.

7-8 Beg L, walk 3 steps and stamp, no wt, moving in RLOD, W bkwd, M fwd.

IV. COUPLE ELBOW TURN CCW

- 1-7** Turn 1 3/4 CCW with 7 Bouncy Two-Steps. M may put free R arm low out to side, palm up, and slowly raise it overhead. W may hold handkerchirf in R hand, which can be waved.
- 8** With 1 Bouncy Two-Step, M put W on his L side (W turn 1/2 CCW). Rejoin hands in a circle. Former ptr is now on ML, new ptr is on MR.
- 32 meas** Repeat dance from beg, except that on the repeat Fig II, anytime during meas 5-7, M may turn 1/2 CCW to face and acknowledge previous ptr as he dances bkwd. On meas 8 M turn 1/2 CW to face LOD.
- 128 meas** Repeat dance 4 more times (total 6), using the variation on Fig II, meas 5-7.