

Nochka

(Russia)

Nochka (NOHCH-kah) translates as "little night". It is a progressive dance collected during a field expedition in a village in the Smolensk region by the ethno-musicologist Alexei Shilin, who is a famous specialist in the field of traditional dances. The dance was presented at the Easter Dance Camp in Russia, 1993. Hennie Konings presented it at the 1996 University of the Pacific Folk Dance Camp, Stockton, CA.

Cassette: Konings Russian Dances - Stockton 1996 Side A/4. 2/4 meter

Formation: Circle of couples, facing LOD (CCW), W to R of M. Inside hands joined in W-pos. Outside arms are at sides with elbows slightly bent and held a little out from the body. Hands are bent upward at the wrists so palms face fwd and fingers curl naturally.

Steps: Walk*, two-step*.

* Described in *Steps & Styling*, published by the Folk Dance Federation of California, Inc.

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

I. WALK IN LOD AND BACK

1-4 All beg R ft, walk 8 steps in LOD, 1 step to a ct. Alternately, move the free arm, elbow bent, fwd across the body or out to side (and a little bkwd) on each step. Movement comes mostly from the shldr. W start by moving R arm out to R side on ct 1; M move L arm across the body. On last step, releasing hands, turn twd ptr to face in RLOD (CW).

5-8 Change hands pos and walk fwd 8 steps in RLOD (CW), beg R ft. Free arm moves as before: W start by moving L arm fwd across the body and M move R arm out to R side. On last step, releasing hands, turn to face ptr. End in a double circle, M back to ctr, ft together.

II. EXCHANGE PLACES

1 Flirt with ptr throughout this step. Stamp R ft fwd (no wt), raising R arm across in front of chest and swing the L arm out to L side, (ct 1); relax ft (ct 2).

2 Repeat the stamping step (meas 1). Swing L arm across the body or repeat the same arm movement as in meas 1.
Note: Meas 1,2 can be danced with hands on hips. On each stamp bring R shldr and hip fwd twd ptr.

3 With 2 walking steps fwd, (R,L) exchange places with ptr, passing R shldrs.

4 Turn 1/2 CCW with 2 steps to end facing ptr, having exchanged places.

5-7 Repeat meas 1-3.

8 Walking R,L, turn 1/4 CCW to end with L shldr twd ptr. Dancers are now in 2 concentric circles: M on inside facing RLOD, W on outside facing LOD.

III. PROGRESSION

1 M Strut: Step fwd on R heel in RLOD (ct 1); lower full ft onto floor transferring wt (ct 2). Swing arms to R (L goes in front of body).

2 Repeat meas 1 with opp ftwk and arms.

3-4 Repeat meas 1-2. On meas 4, ct 2, pivot on ball of L ft 1/2 CCW (to L) to face in LOD. On the pivot, raise the R heel sharply up in back.

(1) W: Beg R dance a two-step in LOD with wt mostly on the ball of the ft. Move bent L arm a little fwd.

(2) Repeat meas 1 with opp ftwk and arms.

(3-4) Repeat meas 1-2. On meas 4 turn 1/2 CCW (to L) to face in RLOD.

5-8 Repeat meas 1-4, M moving in LOD and W in RLOD. Stop one dancer before meeting orig ptr so as to have a new ptr. On last two-step, W turn 1/2 CW (to R) to face same way as new ptr.

SEQUENCE: Dance pattern as written five times. Repeat Fig I once more and bow to ptr.