

Podrushky

(Russia)

Podrushky (puh-DROOSH-kee), meaning *girl friends*, is based on the work of Lydia Bogotkova, a well-known authority in the field of recreational dance for young workers and students in Russia in the fifties. Podrushky, a dance originally for girls, was adapted by Hennie Konings who introduced it in Germany in 1993. It was also taught by him at the University of the Pacific Stockton Folk Dance Camp in 1996.

- Cassette: Russian Dances – Stockton 1996 Side A/8. 4/4, 5/4 meter
- Rhythm: Each meas 1 and 2 is in 4/4 meter. Each meas 3 and 4 is in 5/4 meter.
- Formation: Closed circle of dancers in pairs, facing ctr and hands joined in W-pos. Ptrs (pairs) are established as the circle is formed. The other adjacent dancer is the *neighbor*.
- Steps and Styling: Side-Step (5/4 meter): Step on R to R side (ct 1); step on L beside R (ct 2); step on R to R side (ct 3); stamp on L (with wt) beside R (ct 4); stamp R, L (with wt) in place (cts &, 5). Step always starts to R side on R ft.
- Footwork same for all.

Measures	6/8 meter	PATTERN
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2 meas INTRODUCTION. No action.

I. INTO CENTER AND BACK; SIDE-STEPS

On each ct of each meas, joined hands inscribe a small circle by moving fwd, down and around, and back up to place.

- 1 Walk R, L, R to ctr (cts 1, 2, 3); stamp L (no wt) (ct4).
- 2 Backing away from ctr, repeat meas 1 with opp ftwk.
- 3-4 Dance 2 Side-Steps to R side.

II. CIRCLE WITH PARTNER; SIDE-STEPS

- 1-2 Release hand of neighbor and join hands with ptr straight across (R with L) a little above shldr level, elbows down. Beg R and walk 8 steps once around CW. On each ct, joined hands move up and down (movement is small). End in a single circle, ptrs facing.
- 3 Releasing hands, dance 1 Side-Step to R. Movement will be either sdwd away or twd ctr on cts 1, 2, 3. On cts 4, &, 5, turn 1/2 CCW (L) on the spot. Hands are free at sides.
- 4 Dance 1 Side-Step to R (no 1/2 turn). End in a single circle, neighbors facing.

III. CIRCLE WITH NEIGHBOR; SIDE-STEPS

1-4 Repeat Fig II but with neighbor instead of partner. End in a single circle between ptr and neighbor, facing ctr.

SEQUENCE: Dance pattern as written four times.

Ending (2 meas (5/4 meter) plus 1 beat): Repeat Fig I, meas 1-2 (cts 1-8); in place, stamp R, L (cts 9, 11); stamp R a little fwd (ct 11).