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VARSOUVIENNE QUADRILLE

(American)

A medley of varsouvienne steps as found in the great southwest by Frank Kaltman of New Jersey and arranged in this special sequence to fit the record listed below.

MUSIC: Record: Folkcraft—F 1034-A "Put Your Little Foot."

FORMATION: Couples in varsouvienne position facing counterclockwise in small circle of four or five couples around the hall.

NOTE: This dance may also be done in one large circle if desired.

STEPS: Varsouvienne Step, Waltz*, Walk*, Waltz Balance*, Mazurka*.

Varsouvienne Step - Long Phrase: The first step of the movement is taken on ct. 3 of the last measure of the introductory music:

Lift L foot across R instep, L toe pointed downward and to L (ct. 3). Glide L ft. downward and along floor diagonally forward taking weight on L (ct. 1), close R instep to L heel taking weight on R (ct. 2), lift L ft. backward across R instep pointing L toe downward and to L (ct. 3). Repeat action of cts. 1, 2, 3, "Glide, close, lift." Glide to L on L, taking weight on L (ct. 1), step on R across in front of L (ct. 2), step on L to L side pivoting slightly to R on L (ct. 3), point R toe on floor to R side (ct. 1), hold (ct. 2), lift R foot across L instep, R toe pointed downward and to R (ct. 3), "Glide, Step, Turn and Point."

NOTE: On the above action couples travel diagonally L along floor.

This step may also be done beginning R and travelling diagonally R along floor or it can be done moving forward, backward, or turning.

Varsouvienne Step - Short Phrase:




Same as last two measures of Long Phrase—"Glide, Step, Turn and Point."

NOTE: Short Phrase may be done beginning either on R or L moving forward, backward, or turning.








Important: When making pivot in varsouvienne position on either long or short phrase, M maneuvers W from his R side to his L and vice versa.

MUSIC 3/4	PATTERN	Illustrations by Annemarie J. Steinbiss
Measures		
A. 1-4	I. <i>To Center and Out</i> Beginning L, move diagonally L toward center of circle with one long phrase.	
5-8	Beginning R, move diagonally R toward rim of circle with one long phrase.	
B. 9-10	Beginning L, move toward center of circle with one short phrase.	
11-12	Beginning R, move toward rim of circle with one short phrase.	
13-16	Repeat action of measures 9-12. NOTE: On all of Fig. I couples progress slightly forward counterclockwise.	
A. 1-2	II. <i>Ladies' Star</i> Beginning L, couples progress fwd. along rim of circle on first two measures of long phrase.	
3-4	M releases W R hand retaining L hand hold, and while M moves forward along rim of circle, W moves forward counterclockwise, crossing in front of M, into center of circle to form R hand star on last 2 meas. of long phrase.	
5-6	Beginning R, and keeping L hands joined, repeat first 2 meas. of long phrase with W retaining star formation, M moving along rim of circle.	
7-8	W drops R hand and moves counterclockwise under joined L hand back to original position on M R, again joining R hands to assume varsouvienne position, while M beginning R moves continuously along rim of circle on long phrase.	

VARSOUVIENNE QUADRILLE (Continued)

MUSIC 3/4	PATTERN	Illustrations
Measures		
B. 9-10	M and W drop hands again and beginning L, W moves to form center star momentarily on one short phrase.	
11-12	Beginning R, W break R hand star and returns again to original position on M R while M continues to move along rim on one short phrase.	
13-16	Repeat action of meas. 9-12 (Fig. II), ending in varsouvienne position.	
III. Single Circle		
A. 1-2	Beginning L, couples move forward along rim of circle on first two meas. of long phrase.	
3-4	M release W L hand and she moves fwd. making one half turn clockwise to face M in single circle formation keeping R hands joined on last two meas. of long phrase.	
5-6	Beginning R, couples move counterclockwise along rim of circle, M fwd, W bwd, while taking action of first 2 meas. of long phrase keeping R hands joined.	
7-8	W makes one-half turn counterclockwise, backing into original position at R of M, again assuming varsouvienne position on last two meas. of long phrase. M takes action of last 2 meas. of long phrase in place.	
B. 9-10	Beginning L, W moves to single circle formation on one short phrase while M takes action of one short phrase in place.	
11-12	Beginning R, W returns to original varsouvienne position on M R on one short phrase, while M takes action of one short phrase in place.	
13-16	Repeat action of meas. 9-12, Fig. III.	
IV. Couples Walk and Turn		
A. 1-2	Beginning L, couples move fwd. counterclockwise on rim of circle on first 2 meas. of long phrase.	
3-4	Couples make one complete turn clockwise with 5 walking steps, L, R, L, R, L, then lift R foot across L instep. M maneuvers W from his R side to his L on this turn.	
5-8	Repeat action of Fig. IV, meas. 1-4, beginning R and turning counterclockwise on the walking steps and end by lifting the L ft. across the R instep. M maneuvers W from his L side to his R side on this turn.	
B. 9-16	Couples repeat action of Fig IV, meas. 3-4, 4 times beginning L, R, L, R, and turning R, L, R, L, respectively.	
<p>NOTE: Each time couples make R turn, M maneuvers W from his R side to his L. On L turn, M maneuvers W from his L side back to his R. Throughout all of Fig. IV couples retain varsouvienne position and finish each turn facing counterclockwise.</p>		

VARSOUVIENNE QUADRILLE (Continued)

MUSIC 3/4	PATTERN	Illustrations
Measures		
	V. Mazurka and Waltz	
A. 1-4	Beginning L, couples move to center of circle on one long phrase using a modified mazurka on the lift and glide step, accenting the first step (ct. 1), being careful not to stamp. Finish phrase pointing R foot to outside with all backs towards center.	
5-8	Beginning R, couples move out of rim of circle on one long phrase using modified mazurka. NOTE: Instead of pointing foot at end of phrase, M turns W L to face him by raising her R hand over her head, his back toward center of circle.	
B. 9-	In closed position, M takes one waltz balance backward on L, W fwd. on R.	
10	M takes one waltz balance fwd. on R, W backward on L.	
11-14	Couples, still in closed position, M beginning L, W R, take four waltz steps turning clockwise and progressing counterclockwise around circle.	
15	M release W. Beginning L, both make a 3 step turn L, M moving toward center, W toward outside, separating to form double circle, ending about 3 or 4 feet apart with M back to center, W facing center.	
16	Take Spanish pose: W step on R (ct. 1), L arm going into high arc, R arm curved in low arc. Point L toe diagonally to L side (ct. 2), hold (ct. 3), M steps on R placing back of hands over hip pockets (ct. 1), points L toe diagonally to L side (ct. 2), hold (ct. 3).	
	VI. Spanish Turn and Pose	
A. 1-2	M and W travel to own L on rim of respective circles on first 2 meas. of long phrase.	
3-4	Both turn once counterclockwise in place on last 2 meas. of long phrase ending by pointing R toe toward each other and snapping fingers twice on cts. 2 and 3 of meas. 4. NOTE: M keeps hands over hip pockets throughout. W reverses hand position on turn ending with R hand high and L hand low.	
5-8	Beginning R, M and W repeat action of Fig. VI, meas. 1-4, moving R on rim of their respective circles back to position opposite each other.	
B. 9-16	M and W repeat action of Fig. VI, meas. 3 and 4, 4 times beginning L, R, L, R, and turning L, R, L, R, respectively. On last R turn (meas. 16) couples move toward each other to end in varsouvienne position facing counterclockwise.	
	VII. Center, Out and Bow	
A. 1-14	Couples repeat action of Fig. I, meas. 1-14. NOTE: Each time couples move outside of circle they increase length of steps in order to enlarge circle somewhat.	
15	M makes one-half turn to L to face center of circle, at the same time M turns W to L by raising her R hand over her head, dropping her L hand and placing her in center facing him.	
16	M ends in deep bow, while W curtsies low on floor.	