

# ESPAN

Russian Folk Dance

Record FOLK DANCER MH 1061

# Espan

**FORMATION:** Couples facing counterclockwise. Lady to Right of Man. Hands crossed in front skater's position.

**PART 1:** Starting on outside foot take 6 walking steps forward ( actually 2 waltz steps). While you are taking the 2nd waltz step, or during steps, 4,5,6, turn inwards to partner without dropping hands to face the other way ( clockwise).  
Move backwards, stepping on inside foot and slide outside to it. Step back again on inside foot, and slide outside foot to it. Turn around without dropping hands to face forward. Repeat all from beginning.

**PART 2:** Face partner and extend joined two hands at shoulder level. Balance forward with a waltz step starting on R foot. This will bring dancers into a Left shoulder position with partner). Balance backwards with a waltz step on L foot. You are now facing partner. Change places with partner with 2 waltz steps, starting on R foot, moving to own Left clockwise. Finish in Opposite place.

Balance forward and back as before, and return to original places with two waltz steps.

**PART 3:** Drop hands and move to own R with 6 walking steps making ONE complete turn to own Right. Finish with 2 step-slides to Right. Return to Left the same way, turning Left and doing 2 step-slides to Left. Free hands are freely waved in air during this figure, at shoulder level.

NOTE. As you move sideways, take 3 steps sideward before going into the turn.

**PART 4:** Join Right hands with partner and balance forward and back with a waltz step. Change places with partner with 2 waltz steps. Balance forward and back again, and return to original places. Free hands are held high in air during this figure.

Repeat dance from beginning.

