

HOPAK

(UKRAINE)

NOTE: This dance consists of eleven figures and seven choruses. One can only learn this dance by a competent teacher since the dance contains a great deal of style and detail. To write out the details of each figure and explain the fine points would make a book in itself.

The following instructions is the order of the dance.
Keep this instruction sheet handy for reference and it will help you learn the HOPAK more quickly

Two figures follow each chorus and be sure to start on the right foot for every figure and every chorus.

A CHORUS

Figure 1 Advancing forward with Pas-de-bas steps

Figure 2 Lady faces man's right shoulder
Both move counter clockwise
While man does a reel step, lady does a toe and heel

B CHORUS

Figure 3 Moving line of direction, counter clockwise,
Man has left hand on hip, lady holds beads with left hand. Alternate following step
Step on right foot and cut with left and take 3 steps in place ... RLR

Figure 4 Hold right hands - man has back to centre
Do side step to man's right

C CHORUS

Figure 5 Man places left hand out, palm up and lady places her left hand on his.
This step is the same as the Koketka step but no turning
Right heel to left knee, right toe to floor and take 3 steps in place ... RLR

Figure 6 Man faces lady with back to circle
While the man does the squat step in place the lady does a solo turn to her left
She has right hand on hip and holds her beads with her left hand.

D CHORUS

Figure 7 Hold right hands, man has back to centre
Man starts with right foot, lady left foot
Do a right angle step (It is also called a Charlie Chaplin step)

Figure 8 While man does the Scissors step
The lady does half turns alternating to left and to right

E CHORUS

Figure 9 Man has arm around lady's waist
Lady holds skirt, with right hand and has left hand on man's right shoulder

Turn in place, man going backward and lady forward
Do a leap-run-run. Alternating right foot and left foot

Figure 10 Man faces lady with back to circle
Lady does toe and heel forward
Man does toe and heel from side to side

F CHORUS

Figure 11 Same as Figure 6
While the man does the Squat step in place
The lady does a solo turn to her left

G CHORUS The seventh chorus ends the dance

NOTE: 2 Figures follow each chorus
Except at the end of the dance we have

6th Chorus	
11th Chorus	F
7th Chorus	G

CHORUS STEP - Couple faces counter clockwise
hold inside hand, free hand on hip
Start with right foot and do a Leap-Run Run
Alternate right foot and left foot