

SHEENA - Square Dance for Eight Couples

Folkraft Record #1107 B

Sheena is one of the prettiest quadrilles. It originated in the Arkhanglesk region of Northern Russia, around the White Sea and near Finland. The dance is fast moving, intricate in pattern, but once mastered will be found to be well worth the effort.

Eight couples stand in a regular square formation with two couples on each side of the square. The numbering of couples is the same as in all square dances, the two couples with their backs to the music being "one" etc. Face partners. Keep body erect; man's free hand on hips, woman's hand holds skirt. Two steps per measure throughout the dance.

FIGURE I

A grand-right-and-left until back to place and partners, thirty-two steps for the entire figure.

FIGURE II

Join R hands with partners only. The head couples (both couples in line 1 and the opposite couples in line 3), advance toward each other with four walking steps. Walk backward to place (4 steps). Walk once again forward and release hold (4 steps), pass opposite dancers with right shoulders and while passing shout "grebienkoy" (comb through) (4 steps), advance to opposite position (two steps), then change places with own partner (2 steps). All of the above in 8 measures -- 16 steps.

The girls of these two head couples move up to the center of the set with four steps (leaving room between each other). With four steps the boys move up to the girls who are standing still. Boys walk with two steps in front of their own partners to the girls' right side. During the next two steps face partners and take the regular social dance position. With four pivot steps all return to their own places (pivot turn -- feet between feet, boy steps on L foot and turns with R foot off the floor, the girl does the same thing but with the opposite foot; step on next foot and pivot, etc.). 8 measures for this section.

FIGURE III (Study this figure carefully)

Only both head couples and the opposite girls (Nos. 3), will be active in this figure.

The two boys in line No. 1, place their right hands around their partners' waists. Girls No. 1 place their left hands on their partners inside shoulders. Stand inside shoulders adjacent and join free hands holding them low. In this position the head couples of line No. 1 walk forward with four steps, then walk backward with four, and forward once again with four steps (6 Meas. in all).

During the next two measures the boys release their present hold and with their right hands join (at palms) their partners inside (left) hand, stretching it, and with four steps both turn counter-clockwise,

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the boy pivoting in place, the girl with long strides walking completely around. At the same time, the opposite girls (Nos. 3) move up with four steps to their opposing couples who by their fourth step are facing the opposite girl and stand in an arch formation.

The opposite girls go under the arch of each couples No. 1 and each girl walks away from the center of circle, around and meets in front of the two couples who were arches. Both girls join inside hands (as they face the two couples) and form an arch. At the same time, the couples who acted as an arch for the girls, do as follows: each boy changes place with his girl by her turning in front of him and under their joined arms (2 steps). The above is done by all in four steps.

Both boys lead their girls under the arch formed by the opposite girls (4 steps) then the couples No. 1 turn about and form arches. Both girls who were the arch release their hold, turn about and each one goes under her facing arch and back to place (4 steps). Take regular social dance position; head couples pivot back to their home places, while the two single girls pivot with their partners in place. The entire figures III is done to 16 measures (32 steps).

Couples No. 2 perform as the leads in repeating the entire Fig.III.

FIGURE IV

All 8 men advance to the center and extend right hands to form a star, raising hands high. Walk around completely in 16 steps back to place. Now the girls walk through a right hand star. All inactive dancers merely stand in position.

Repeat Figure K.

Repeat Figure II. However, side couples (2 and 4) perform the figure.

Repeat Figure III. However, lines No. 2 and 4 will be active.

FIGURE V

Join right hands with partner and walk to center with four steps. When in center, men form a left hand star and walk counter-clockwise until the end of the 16th measure. Turn to face a clockwise direction and release hold. Girls form a right hand star. Girls place their left hands in the crook of the partners' elbow (hands of men are on hips.) Walk clockwise for 16 measures and back to place.

FIGURE VI

This figure is a form of promenade "Obkhod Po Krugu" (The walk in circle). All facing in a counter-clockwise direction the boys remain on the inside of the circle with their partners on their right. With four steps the boys walk up to the girl ahead, holding her in dance position as described in Fig. III, and swings her around with four walking steps, he himself turning backward with the girl turning forward, one complete turn of four steps and finishes in a counter-clockwise direction, Release hold and with four more steps, the boy walks up to the next girl (girls mark time in place), and swings her around in the same manner. Continue this figure until back to original partner. Finish dance with a bow and a curtsy to each other.