

EIDE RATAS

Estonian Folk Dance

Record THE FOLK DANCER MH 1018

Eide Ratas

Pronounced, "eye-deh rah-toss"...it means spinning wheel.

FORMATION: Couples in social dance position, all facing counterclockwise, Lady on outside, men on inside of ring.

PART 1: Beginning with the outside foot (Man's L, Lady's R) take two exaggerated Mazurka steps forward in this manner:

Man walks forward L,R, hop on Lft.

Lady walks forward R,L,hop on Lft.

(Now instead of just an ordinary step forward on the first count, leap onto that foot and dip forward. Straighten up during the hop.

Repeat the above step on exactly the same feet.

Both now turn clockwise in place in ballroom position with six light running steps. (In teaching use the terminology "man moves forward as lady backs up as you turn from center of circle, as folks sometimes get mixed up with terms, "clockwise" and "counterclockwise").

Repeat above sequence 3 more times, or 4 times all told.

PART 2: Partners face each other, Man's back to center of ring. Hands on own hips. Starting with the Lft, partners move away from each other backwards, turning half L with 3 steps, repeat turning half R, starting with Rft, repeat again to L and to R. (During this figure raise nearest shoulder to partner with a flirtatious nod of the head).

Now with a stamp on the first count, partners run forward towards each other, hook Elbows and turn-spin in place, clockwise with 12 running steps, finishing in each other's places. The Man is now on the outside facing in and the Lady on the inside facing out.

Repeat Part 2, in this new position, moving away from each other, and then run forward, but this time hook Elbows and at the end of the spin, you should be again in original position.

NOTE: The leap done during the Mazurka step is very characteristic of Estonian dance, so be sure to emphasize this. Be sure to keep free hands on hips at all times. Words and piano music for the dance may be found in the book FOLK DANCES FOR ALL, published by Barnes & Noble.



Dance researched under the direction of Alice Zimmerman of the Estonian Education Society. This record and dance directions published and copyright by FOLK DANCE HOUSE, PO Box 201 Flushing LI NY 11352 Michael Herman, Director