

APPLE  
(Popular Russian Folk Dance)

Music: Record - C C C P - Soviet Union Recording B-9078

Formation: Partners face each others; partners may stand in line.

Meas.    I. Introduction

1-12    (a) Sliding Walking Step

Partners, with arms free at sides, using sliding walking step, advance to shake hands with each other. With sl-wa step and hands on hips M makes own circle to R. W, R in own circle. Both to own L in own circle to place.

(b) M R, W R, step R, brush L over R, step on L, bring feet together.

Repeat to L side.

Repeat (b)

Partners go clockwise in circle, 4 meas., 8 steps, using sl-wa step passing R shoulders.

II. Man's Solo

1-12    (a) M dances in front of W to his R and L.

Step R, slap L foot (held at knee level) on outside heel, step L, step R. Turn.

Step L, slap R ft on outside heel, step R, step L.

Repeat six times.

1-12    (b) Going around W, R, slap L, step L, R with stamp on inside ft bending knee.

Repeat six times.

(1-12)    During M's Solo, W with hands on hips steps R, places L heel on floor in front of R ft, steps back with L (L R L, quickly).

(1-12)    Repeat.

III. Woman's Solo

1-12    Step R, brush L over R, step L, bring feet together. Bring hand and arm from hip and turn palm up at waist level. Turn out same arm as leg used. Repeat six times.

1-12    W continues step traveling around M; always step down on R.

Repeat four times.

End last two meas. with buzz turns in own circle to R.

(1-24)    During W's Solo, M steps R brings L heel to R with stamp. Step L bring R heel to L with stamp.

IV. Man's Solo II

1-12    M travels around girl R, L, R L R (small stamping). Fwd to R and back L, fwd to W and back, M steps R, L, R L R --- L, R, L R L.

Repeat step in own circle to R.

During Solo W repeats same action as in M's Solo I.

V. Woman's Solo II

- 1-12 Fall heavily onto R extending L leg (slightly off floor) at same instant. Pull weight up in recovering with quick L R L steps. Repeat four times in place. Repeat eight times making own circle as if on own axis.
- 1-12 Repeat same step around M eight times. Last four measures, buzz step in own place.
- (1-24) During W's Solo M repeats rest step in W's Solo I for twenty-three meas. On the 24th meas. M takes W around waist. M - L arm open at belt level R hand holding W at waist; W - L hand on M's shoulder, R hand on hip. Partners pas-de-basque (with accent on 1st and 3rd beats) CCW eight meas. Partners pas-de-basque four times in own circle CCW. Repeat.

VI. Repeat Introduction (b)

- 1-12 Repeat Introduction (b)  
M repeats Solo I of twelve meas. W buzz steps in place.

VII. Sliding Walking Step II

- 1-24 With arms outstretched M advances to W, W toward M with sl-wa step. Repeat backward. In closed position partners use sl-wa step to make small circle CW. Partners separate and return to position.

VIII. Displacing Step in Place

- 1-24 In place, alternating feet beginning with R behind L displace each foot for eight steps.

IX. Ending

M and W advance with sl-wa step to clasp partner's waist for eight buzz steps. Free arm held high. Dance is ended with stamp and pose.