

(Russia)

Prysiadka: (3 meas of 2/4 meter) From standing pos, squat to heels, hands crossed between knees with palms turned in (meas 1). Spring to standing pos with wt on R and L heel a little fwd (meas 2, ct 1). Arms are extended to side about hip height. Hold pos for meas 2, ct 2 and meas 3. On repeat of the prysiadka, wt would be on L with R heel on the floor.

MUSIC 4/4, 2/4
PATTERN

Measures

4/4
4 meas INTRODUCTION

2/4 I. BASIC PATTERN IN LOD, TO CTR, IN LOD

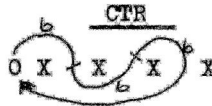
1-12 Moving in LOD (CCW) dance Basic Pattern twice (Chorus).

13-24 Facing ctr, dance 1 Basic Pattern twd ctr and 1 Basic Pattern moving bkwd away from ctr. Going in, joined hands may raise a little and resume orig pos on backing out.

25-36 Moving in LOD dance Basic Pattern twice (Chorus).

II. WOMEN SERPENTINE

1-12 Women: Fig takes 24 walking steps to complete. Begin R ft. Backs of hands are on hips and shoulders lead naturally. Make an arc to go in front of ptr and then between ptr and 2nd M (6 steps). Continuing, make an arc behind 2nd M and then go between 2nd M and 3rd M (6 steps). Make an arc to go in front of 3rd M and then between 3rd and 4th M (6 steps). Go behind M line to end in orig place (6 steps). The first 2 W in line dance the described floor pattern even if there is no M standing there.



Men: Stand in place with wt on L ft and hands clasped behind back. Straighten knees on ct 1. Relax knees on ct 2. Continue this action for 12 meas.

All: At end of meas 12 rejoin hands in the line.

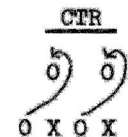
III. BASIC PATTERN (CHORUS)

1-12 Moving in LOD dance Basic Pattern twice.

4/4 IV. BRUSH STEP

1-2 Women: With back of hands on hips, walk 8 small steps moving diag fwd R. Make a 1/2 turn L (CCW) to end facing ptr.

3 Stamp R (ct 1). Brush L ft fwd (ct 2). Brush L ft diag bkwd R across R ft (ct 3). Brush L ft diag fwd L (ct 4).



TIMONIA (continued)

4 In place step L,R,L (cts 1-3). Place R ft a little fwd (ct 4).

Men: Stand in place with hands clasped behind back watching the W (meas 1-4).

5-6 Men: Repeat action of W brush step (meas 3) twice. Start with stamp on R and do the repeat starting with stamp on L.

7-8 With 8 steps beginning R move twd ptr.

Women: Stand in place with backs of hands on hips watching the M (meas 5-8). At very end turn CCW so all may join hands to reform the line.

2/4 V. BASIC PATTERN (CHORUS)

1-12 Moving in LOD dance Basic Pattern twice. If necessary move the line away from the ctr of the hall.

VI. MEN PRYSIADKA AND WOMEN PROMENADE

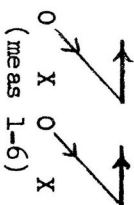
Men: Meas 1-12 In place dance 4 prysiadkas beginning with L heel extended first.

1-3 Women: With back of hands on hips, move diag fwd R with 5 small steps beginning R ft. Making a 1/8 turn L, step L next to R.

CTR

4-6 Walk fwd 5 steps beginning R ft. Making 1/2 turn L, stamp L next to R, no wt.

7-9 Retracing floor pattern of meas 4-6, walk fwd 5 steps beginning L. Making a 1/8 turn R, stamp R next to L, no wt.



10-12 Retracing floor pattern of meas 1-3, walk 6 steps back to orig place. At end, turn L (CCW) so line may be reformed.

VII. BASIC PATTERN (CHORUS)

1-12 Moving in LOD dance Basic Pattern twice.

68 meas REPEAT ACTION OF FIG II - VII

VIII. FINALE

1 Moving in LOD run 3 small steps R,L,R (cts 1,&,2). Stamp L next to R, no wt (ct &).

2 Repeat action of meas 1, starting L ft.

3-4 Repeat action of meas 1-2.

5 Repeat action of meas 1.

6 Almost in place stamp L,R,L (cts 1,&,2).

7-12 Repeat action of meas 1-6.