

Trava moya trava

(Russia)

Trava moya trava is a traditional round dance of the Kuban Cossacks. The title translates as “grass my grass.” Men used to dance separately from the women in earlier days but now it is common for both sexes to dance together in the round dances. The dance was researched by Hennie Konings who introduced it in Europe in 1989.

Pronunciation: TRAH-vah MOY-yah TRAH-vah

Cassette: Russian Dances Stockton 1994

2/4 meter

Formation: Circle of dancers facing ctr with hands joined in V-pos but held a little fwd twd ctr.

Steps and Styling: Stamping Step: a step (with wt) that produces a sound. M steps are heavier than W. M may dance prysiadkas and other “show-off” steps during Fig II.

Meas

Pattern

4 meas INTRODUCTION No action, start with vocal.

I. TRAVELING IN LOD (CCW)

- 1 Stamping Step sdwd on R, bending knees (ct 1); Stamping Step on L beside R, straightening knees (ct &); Stamping Step sdwd on R, bending knees (ct 2); scuff L heel fwd, turning to face LOD (ct &). Lower joined hands.
- 2 Moving in LOD, dance a Stamping Step fwd on L, bending knees (ct 1); Stamping Step on R beside L, straightening knees (ct &); Stamping Step fwd on L, bending knees (ct 2); scuff R heel fwd, turning to face ctr (ct &). Raise joined hands a little twd ctr.
- 3-6 Repeat meas 1-2 twice.
- 7 Repeat meas 1 but on the heel scuff remain facing ctr.
- 8 In place, dance 2 Stamping Steps (L,R) (cts 1,2).

II. MOVING TOWARD CENTER AND BACK

Releasing hands and bending arms, place R forearm on top of L forearm. Folded arms are held a little fwd from body at about chest level.

- 1 Stamping Step fwd twd ctr on L, bending knees (ct 1); Stamping Step on R beside L, straightening knees (ct &); repeat cts 1,& (cts 2,&). On ct 1, tilt shldr to R; on ct 2, tilt shldr to L.
- 2-4 Repeat meas 1 three times. Hold last ct & of meas 4.
- 5-7 Rejoining hands in V-pos, move bkwd 6 steps beg R.
- 8 In place, dance 2 Stamping Steps (R,L) (cts 1,2).

Variations possible during Fig II.

- a. Meas 4. M may do a prysiadka: Squat (ct 1); rise with wt on L and kicking R ft fwd (ct 2).
- b. Meas 5-7. On each step bkwd, twist the other ft by leaving its heel on the floor and turning the toe out.

Trava moya trava – continued

- c. Meas 5-7. On each step bkwd, twist the other ft by leaving the ball of that ft on the floor and turning the heel inward.
- d. Meas 5-7. (M only) Step bkwd on R while placing L heel on the floor (knee turned out) in front of R (ct 1); step bkwd on L while raising bent R leg across in front of L at about knee level (ct 2). R knee is turned out and ankle is up. Repeat twice (meas 6,7).

Repeat dance from the beginning. Tempo increases.

Presented by Hennie Konings

Description by Ruth Ruling and Joyce Lissant Uggla