

Record FOLK DANCER MH 1059
Old Russian threesome folk dance
From the FOLK DANCER record series
directed by Michael Herman
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Troika

FORMATION: Sets of three dancers side by side, all facing counterclockwise and holding inside hands. Sets may be composed of either one man and two ladies or vice versa, or all men or all ladies.

PART 1: All run lightly forward 16 steps. Be careful not to turn this into a goose-kick sort of step. Dancers should take light, long running steps just skimming the floor as they swiftly flow over it.

PART 2: Keep the inside hands joined. The dancers on the Right now go under the arch formed by the other two with 8 running steps and into original positions. The center dancer must follow through the arch otherwise the figure will not work. The Left hand dancer now goes under the arch formed by the other two with 8 running steps, and this dancer is followed through by the center dancer. Immediately all join hands in a circle of three.

PART 3: All run lightly to the Left with 12 running steps and stamp 3 times (alternating feet) then run to the Right 12 steps and stamp 3 times alternating feet.

Repeat dance from the beginning. To make it progressive, the center person may move forward for each repeat of the dance to take two new dancers on the repeat.

VARIATION: Dancers may, if the room is large enough do this variation for Part 1: Run slightly diagonally forward to the Right 4 steps, and then slightly forward to the Left 4 steps and then 8 straights straight forward.

The Dance should NOT be done 8 steps forward and 8 backwards. It just becomes a mad shambles of piling up people if this is done. It is unfortunately that this version as well as the kicking step version done as horse-play by show-offs are sometimes adopted by innocent people as the correct way. Do the dance as described above and it will not only be the traditional way of doing it, but will look better too.

While teen-agers love to do the dance for the entire length of the record, for the older dancer it is wiser to start the record in the middle, or lift the needle before the end of the record, thus shortening the dance.



DANCE DIRECTIONS from Folk Dance House, 108 West 16 Street, New York City-11
by Michael Herman, Director.
Folk Dance House has been serving the folk dance public since 1940.
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