

TROIKA*
(Russian)

Troika means "three horses." The dance symbolizes three horses which traditionally drew sleighs for the Russian noble families.

MUSIC: Record: Folk Dancer, MH 1059; Folkraft 1170; World of Fun M 105.
 Piano: Herman, Michael, Folk Dances for All, p. 7.
 Neilson, N. P., and Van Hagen, W., Physical Education for Elementary Schools, 1954, p. 373.

FORMATION: Set of three, man between two ladies, facing line of direction, inside hands joined, outside hands on hip.

STEPS: Run.

METER 4/8

PATTERN

NOTE: Directions are same for man and ladies.

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|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Measures | I. <u>RUN FORWARD</u> |
| 1-4 | Beginning right, take sixteen running steps in line of direction. The first four runs may be done diagonally right, second four, diagonally left, and last eight straight forward. |
| 5-6 | II. <u>ARCHE</u>
Right hand lady moves under arch made by raised arms of man and left hand lady with eight running steps. Man runs in place and follows right hand lady turning under his left arm. Left hand lady runs in place. |
| 7-8 | Left hand lady moves under arch made by raised arms of man and right hand lady with eight running steps. Man runs in place and follows left hand lady turning under his right arm. Right hand lady runs in place. |
| 9-11 | III. <u>CIRCLE</u>
Set of three join hands in circle and run twelve steps clockwise. |
| 12 | Stamp left, right, left, hold.- |
| 13-16 | Repeat action of measures 9-12, moving counterclockwise. |

MIXER:

The man may move forward to the next group of three as the stamps are taken in the last figure.

*Harris, Jane A., Pittman, Anne, Waller, Mariys S., Dance A While, Burgess Publishing Company, 1964, p. 239.