

## TROIKA

### Russian

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

**Music:** Record: Folk Dancer, MH 1059; Folkraft 1170, World of Fun LP 3; EZ 5009; Worldtone 10010. 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.

**Step:** Running step.

### DIRECTIONS FOR THE DANCE

Meter 4/8

#### MEASURES

##### I. Run Forward

- 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.

##### II. Arch

- 5-6 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.

##### III. Circle

- 9-11 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.

#### STYLE

The knees should be lifted high and the body and head held high.

#### MIXER

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

