

Troják

(Czechoslovakia)

Troják (TROJ-yahk) means "three", is a dance for one man and two women and comes from northeast Bohemia. There are many variations of this dance. František Bonuš presented this sequence of figures at the 1979 University of the Pacific Folk Dance Camp.

MUSIC: Record: Worldtone WT-MBH 1003 EP, Side B, Band 2. 3/4. 2/4 meter.
DDGU 114005 Side A, Band 3. Label is incorrect at 33 RPM;
it is actually 45 RPM.

FORMATION: Trios of one M between two W, at random around the floor, all facing LOD. M hold corner of kerchiefs in each hand, shldr level. W hold corner of kerchief in inside hand, free hand on hips, fingers fwd.

STEPS and Waltz* accenting first count, polka*

STYLING: Wrap-up pos: M and W side by side, close together, nearer hands holding kerchiefs, M arm around in back of W, W arm across in front of chest, W free hand on hips, fingers fwd.

*Described in Steps and Styling published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, California 94541.

MUSIC 3/4, 2/4

PATTERN

Measures

3/4 4 INTRODUCTION

3/4 I. FACE TO FACE, BACK TO BACK

1 Beg MR, WL waltz fwd LOD, M swinging L arm fwd, R bkwd so that M and RW face, LW turn back to back.

2 Repeat meas 1 using opp ftwk so that M and LW are face to face and RW is back to back.

3-8 Repeat meas 1-2 three more times, 4 total.

3/4 II. SINGLE ARCHES

1-4 M and RW raise hands to form arch, waltz in place. LW goes under arch and back home, M turn once CW under his R arm meas 4.

5-8 Repeat meas 1-4 but M and LW arch and RW goes under arch.

9-16 Repeat meas 1-8.

2/4 III. POLKA and SINGLE ARCH

1-4 With joined hands again at shldr level, beg MR, WL, dance 3 polka steps fwd LOD and stamp twice (meas 4, cts 1, 2).

5-8 Repeat meas 1-4, opp ftwk.

9-16 Repeat Fig II, meas 1-8 but dance polka instead of waltz.

3/4 IV. WOMEN TURN

1-2 Repeat Fig I, meas 1-2.

3 Repeat Fig I, meas 1 except RW turn once CCW under kerchief.

4 Repeat Fig I, meas 2 except LW turn once CW under kerchief.

5-16 Repeat meas 1-4 three more times, 4 total.

2/4 V. DOUBLE ARCHES

- 1-4 M and RW form arch, W change places, LW going under arch and M turn 1/2 CW under R arm to end all facing RLOD. Dance 3 polka steps and stamp twice.
- 5-8 Repeat meas 1-4 except LW forms arch and RW goes under, to end in orig pos.
- 9-16 Repeat meas 1-8.

3/4 VI. WOMEN WRAP IN and OUT

- 1-2 All waltz balance fwd beg R, swinging arm fwd. Waltz balance bkwd beg L, swinging arms bkwd.
- 3 RW waltz turning once CCW folding or wrapping into MR arm to finish in Wrap-up pos as M steps on R to R (ct 1); close L beside R, no wt (ct 2). LW waltz in place.
- 4 LW waltz turning once CW into ML arm as M steps on L to L (ct 1); close R beside L, no wt (ct 2). RW waltz in place still in Wrap-up pos.
- 5-8 Repeat meas 1-4 except W reverse turns to unwrap and end in orig pos.

3/4 VII. CIRCLE CW and CCW

- 1-4 Two W join free hands to form a circle, all beg R, dance 4 waltz steps circling CW.
- 5-8 Repeat meas 1-4 circling CCW.

3/4 VIII. DOUBLE ARCHES WITH MAN KNEELING

NOTE: Omit this fig when using the DDGU record, which does not have music for it.

M kneel on L knee and hold kerchiefs overhead throughout this fig, standing on last meas. W dance waltz steps around M as they make and go under arches as follows:

- 1-2 W change places in front of M, RW arch, LW under arch.
- 3-4 W change places again in back of M. LW arch, RW under, to end in orig pos.
- 5-16 Repeat meas 1-4 three more times, 4 total.

2/4 IX. POLKA AROUND SINGLE WOMEN

- 1-8 M and RW, in closed pos, polka CCW around LW who turns CW in place with polka steps. M release W into place on last meas.
- 9-16 Repeat meas 1-8 except M dance with LW, RW dance in place.
- 17-32 Repeat meas 1-16.
- 1-2 Coda: Both W wrap up into M arms with 3 steps as M holds kerchiefs; RW turn CCW, LW CW.