

Tseepochka

(Russia)

The title of the tune, "Arkhangelsky Khorovod," means "circle dance from the Arkhangelsk region." The khorovod danced to it is called "Tseepochka," meaning "little chain." The circle dance has another variation, not presented here, which was choreographed by N. Nadezhdina, founder of the Beryozka Dance Company. Hennie Konings introduced the dance in West European countries in 1987.

Pronunciation: tseh-POHCH-kah

Cassette: Russian Dances - Hennie Konings Side A/3

4/4 meter

Formation: Circle of dancers, hands joined in V-pos. One dancer is designated as leader. Walk fwd R,L,R (cts 1,&,2). Step alternates. Pattern changes are indicated by the leader, and the amount of music needed to complete some of them depends on the number of dancers in the circle.

Meas

Pattern

CIRCLING

Move in a circle in LOD (CCW) using the basic walking step.

WINDING THE CHAIN

On the beginning of a musical phrase, leader indicates start of winding by turning twd ctr and raising joined hands fwd.

1 meas Dancing basic step, move into ctr, hands coming up.

1 meas Turn L (CCW), R hand over own head, and end facing LOD with joined hands under R arms. Chain continues moving in LOD.

UNWINDING THE CHAIN

Circle continues to move in LOD with basic step. Leader indicates beginning of unwinding by releasing R hand and raising it up while turning CW; then raises joined hands to turn neighbor out (CW), bringing joined hands back to V-pos. The second dancer then turns out the third and so on until the entire circle is back in V-pos, moving in LOD (one meas to turn each dancer). Leader rejoins hands with the last dancer.

Dance repeats until the end of the music. Leader may form a spiral instead of a circle if there are enough dancers. From the circle, the leader begins spiralling in. Before reaching the center, leader winds the chain (all bring arms up and over) and begins leading the spiral out. Begin unwinding the chain when the leader gets back to the outside of the circle.

Dance ends with dancers facing ctr and bowing from the hips.

Presented by Hennie Konings

Description by Ruth Ruling and Joyce Lissant Ugglä