

Tsuppa (from Karelia)

Notes from Milla and Petri Workshop, Oakdale, Jan. 18, 2003

Dance can be done with 4, 5, 6, 7, or 8 couples with some adjustments. The dance directions given below are for 4 couples with notes at the end for more than 4 couples.

Karelian stamp: step, scuff, step, scuff, step, scuff, stamp.

Karelian walk: Open dance position, leaning forward, knees bent, step on heel, rolling onto toe....

Formation: Couples other than the head couple in a "horseshoe" shape with the head couple in between the ends of the "horseshoe". (Note – depending on the number of couples, couples may be rotated prior to the beginning of the dance, 180° if there are 8 couples, though with 4 or 5 couples, the set will not be rotated at the beginning.)

Dance Directions (4 couples):

Circle:

Circle LOD 16 steps (Karelian walk). End in desired position (from a performance viewpoint, head couple with back to audience, "horseshoe ends" towards audience.)

All couples turn CCW 4 steps, M coving backwards, W forwards. Turn W CW under M's L arm with 4 steps. Turn CW 4 steps, M moving forwards, W forwards. Turn W CW under M's L arm with 4 steps.

Arches:

The second couple (to the left of the head couple) forms an arch and move toward the center of the square as head (first) couple ducks under the arch towards the second couple's original position. 4 steps.

Head partners and second couple partners turn towards their partner and reverse, with the head couple forming the arch and the first couple ducking under, leaving the first couple in their original position and the head couple in the center of the set, facing couple 3 (the ones opposite them in the original horseshoe). 4 steps.

Repeat pattern with couples 3 and then with couple 4.

All couples turn with their partners CW 8 steps in open dance position, both moving forward, head couple moving back to their original position.

Men's Mill:

M move to for a "right-hand star" with R arm extended up slightly, but hands not touching, leaving about 1 foot between opposite hands, and circle CW for 8 steps. All couples turn with their partners CW 8 steps in open dance position, both moving forward.

While the men are turning in the star, the women are standing with arms slightly out at sides, fingers lifted so palms are parallel to floor, and twisting slightly side to side with a slight bounce, lifting heels off floor 4 counts diagonally right and 4 counts diagonally left.

Repeat entire star sequence.

Women's Mill:

W move to for a "right-hand star" with R arm extended up slightly, but hands not touching, leaving about 1 foot between opposite hands, and circle CW for 8 steps. All couples turn with their partners CW 8 steps in open dance position, both moving forward.

While the women are turning in the star, the men can do prysiadkas (deep knee bend, come up slightly and kick R – repeat) or touch R across L and kick R diagonally R (2 counts), touch L across R and kick L diagonally L,....

Repeat entire star sequence, but when return to partner the second time, take both hands directly across, and with 8 counts, both do prysiadkas, or one or both do step kicks, or do turning sequence.

Grand Mill:

Men form star as in M's mill, circle CW. W circle on outside CCW, walking 8 steps. Meet partner on opposite side. Continuing CCW with 8 steps, M backing up, W forward, walking or Karelian stamp, W with arms slightly extended, palms parallel to floor, M with arms extended out slightly to return home. All couples turn in place CW, both moving forward for 4 steps. Turn W CW under M's arm to M's left side and turn CCW, both moving forward for 4 steps, turn W

CW under M's arm with 4 steps. End in square formation.

Pass Through:

Head couples (1 and 3) bend forward at the waist and stride forward to meet opposite couple, 4 steps, hooking R elbows and turning CW about 1-1/4 turns, 4 steps to meet your partner on the other side of the center line, hook L elbows and turn CCW, moving to the opposite side of the set, 8 steps. All hook R elbow with corner and turn CW, 4 steps, then hook L elbow with partner for 12 steps, ending facing center of set.

Repeat to return to original position.

Circle:

Same as the beginning circle, except that the first couple ends up on the left end of the "horseshoe" (from the audience's point of view) with the couples evenly spaced.

Formation for 5 couples: in the "horseshoe" formation, two couples are opposite the first couple.

Arches:

Arch between the 1st and 2nd couples is the same.

With the 3rd and 4th couples (opposite 1st couples original position), 1st couple ducks under an arch formed by the W of the 4th couple and M of the 3rd couple. The outer two travel with their partners and when they reverse directions, all four turn towards the inside. When they return to their original position, the 1st couple will be forming the arch and will have to pass through the line of 4, which will drop hands to let the 1st couple through.

Men's Mill and Women's Mill:

In the mill, circle to the third person of the opposite gender and turn. Return to partner for the second turn.

Pass Through:

Similar to the 4 couple version, but with 1st and 3rd couples. All couples hook R elbow with corner for 4 steps, and then hook L