

HOPAK (Russia)

National dance of the Ukraine

Music - Kismet A 106

Formation - Couples in circle, in Russian polka position.

I. Pas de basque In Russian Polka position, 8 pas de basques alternating. (M accentuates leap, W is reserved).

II Touch Kick step - Hop on R foot and touch L toe in front of R foot, hop on R foot and kick L foot fwd straightening knee with a precise kick. Progress fwd with 3 running steps - 8 times.

III Russian Polka Step - this is done smoothly with feet close to floor. Couples sway from side to side as they move fwd. The first step of each polka is slightly accented. It is a long, smooth, reaching step, danced on the balls of the feet - 16 steps.

IV Buzz step turn - Partners facing, both turn individually to own R with the buzz step. R hand is curved overhead, while L fist is on the hip. End with a stamp and repeat to L. 16 (with stamp) in each direction.

V Falling Step - In Russian polka position partners fall fwd on L foot, rock back on R foot extending L foot fwd, straightening knee. Progress fwd with 3 running steps alternating - 8 times

VI Buzz step turn with partner - Partners R side to R side, R hands on partners L hip and L arms curved overhead, turn R with 15 buzz steps and stamp. Repeat to L, ending in single circle facing partner, M's R and W's L shoulder toward center of circle.

VII Push away step - Partners have R arms curved overhead, L fists on hip and head turned away from curved arms. Tap L toe and at the same time push sward on the R with a short chug step. The body is inclined slightly to R with the weight on R foot. 14 push steps ending with stamp. Repeat back to place, moving to L.

VIII Toe-heel-touch-kick step - partners facing touch R toe in inverted position at the same time hopping on L foot (ct. 1), replace R toe with R heel at the same time hopping on L (ct. and) touch R toe in front of L foot at the same time hopping on L (ct 2) kick R foot, diagonally fwd at the same time hopping on L (ct and). Repeat toe-heel-kick step hopping on R and L alternately 8 times in all.

IX Improvised steps - While W improvise with pas de basques, or back skipping steps, or toe-heel-touch kick steps, M demonstrates his masculine vigor with *Prysiadkas*. As the M begins his final *prysiadka* the W may turn in place with a buzz turn. (Source-- "Folk Dances from Near and Far - Vol II) P. 17