

QUADRILLE-POLKA
RUSSIAN QUADRILLE

Dance for one or many formations of four couples taught by Anatol Joukowsky at the Folk Dance Federation-South's Institute held in Santa Monica, California, January 29 and 30, 1955.

MUSIC: Record: Stinson 3157A
2/4 time, phrase of 4 measures

FORMATION: 4 couples in square formation, 2 couples facing each other, W on M's R. Hands on hips, fingers toward back and pointing downward.

- STEPS:**
1. **RUSSIAN POLKA STEP:** Step R,L,R and chug on R extending L leg fwd pointing L toe down and outward. Repeat starting L,R,L.
 2. **VERIOVOCHKA (Russian Skip Step):** In place, alternating feet, starting with R ft behind L, displace each ft.
 3. **STEP-TOUCH:** Wt. on R ft, slide L ft fwd so L heel touches in front of R toe; then with wt. on L ft, slide R ft fwd so R heel touches in front of L toe.
 4. **PRYSIADKA:** M, hands on hips, squat with back straight, knees out in wide V (ct. 1), straighten knees and extend L leg diag. to L, heel to floor, toe up (ct. 2).

MUSIC	PATTERN
Meas.	
	I BOWS
1-2	M $\frac{1}{4}$ pivot turn L, W $\frac{1}{4}$ pivot turn to R, and bow (cts. 1-4).
3-4	Both $\frac{1}{2}$ pivot turn to face partners, M turn R and W L, and bow (cts. 5-8).
5-6	Each couple 3 steps to opp. cpl., on 4th ct. close and bow. All action starts with R ft. (cts. 1-4).
7-8	Each couple 3 steps bwd, starting with R ft. to orig. place, on 4th ct. turn and bow to own partner (cts. 5-8).
	II MEN'S VISIT
1-4	All M, starting with R ft take 8 walking steps touching L hand with opp. M and going CCW around opp. W (cts. 1-8).
5-8	Return to own place with 4 Russian Polka Steps, hands on hips (cts. 9-16). At same time W do Step-Touch in place.
	III WOMEN'S VISIT
1-8	All W perform steps in Pattern II, except R hands touch, with 8 walking steps CW around opp. M (cts. 1-8), and return to own place with 4 Russian Polka Steps, hands on hips (cts. 9-16). At same time M do Step-Touch in place.
	IV CIRCLE
1-8	4 couples form single circle and with hands on hips take 8 walking steps CW, then 4 Russian Polka Steps to original positions. (cts. 1-16).
	V MEN'S BRUSH STEP
1-2	M step R ft (ct. 1), brush L ft and slap L thigh with back of L hand (ct. 2), step L,R,L (cts. 3 & 4), forming inside circle passing 2nd W.
3-4	M repeats same action going to 3rd W ($\frac{1}{2}$ circle)(cts. 5-8).
5-8	M takes 8 walking steps around W CCW, W takes 8 small walking steps in own small circle CW (cts. 1-16).
9-16	Repeat above steps, M returning to own place (cts. 1-16).

Continued...

MUSIC	PATTERN
Meas.	
VI	WOMEN'S STEP
1-2	With arms across chest W move twd ptr with 3 steps R,L,R (cts. 1-3), with wt. on R ft extend L heel to touch floor in front of R ft (ct. 4), toe is pointing to R side.
3-4	W move bwd starting with L ft and extending R heel to touch floor in front of L ft (cts. 5-8).
5-8	W takes 8 walking steps CW outside circle, stopping in front of 3rd M (cts. 9-16)
9-16	W repeats above steps and finishes facing own ptr (cts. 9-16). While W are dancing, M with hands on hips, standing with wt on R ft flexes R knee (ct. 1), stamps with L ft (ct. 2), repeats same action.
VII	PARTNER TURNS
1-4	With hands on hips facing partners, both M & W perform W's step from pattern VI, walking fwd 3 steps R,L,R, and touching L heel to floor and opening hands to partner on 4th ct., bwd 4 counts replacing hands to hips (cts. 1-8).
5	Fwd to partner with 2 walking steps and with M RH on W waist, W RH on M waist (cts. 9-10),
6-7	4 walking steps around CW (cts 11-14).
8	Return to orig. positions (cts. 15-16).
9-16	Repeat action 1-16 turning $1\frac{1}{4}$ turn CCW to finish with W inside circle, partners facing.
VIII	MEN'S PRYSIADKA, WOMEN'S STAR
1-4	Hands on hips M prysiadka, down (ct. 1), up with wt. on R ft. L ft extended to L (ct. 2), step L,R,L in place (cts. 3-4). Repeat same action (cts. 5-8).
5-8	M step L (ct. 9, extend R heel touching floor in front of L ft (ct. 10), alternating R and L (8 times in all)(cts. 9-16).
9-16	M, repeat all steps (cts. 17-32).
1-4	At same time W step R ft. extend L heel in front of R ft., repeat to R, repeat L, then R (cts. 1-8).
5-8	W forming R hand star walk 8 steps CW to 3rd M ($\frac{1}{2}$ circle)(cts. 9-16).
9-16	W repeat action 1-16.
IX	FORMING LINES
1-8	#4 M leads #3, #2 & #1 M to form line with 16 walking steps CCW, outside W's line. #1 W leads #2, #3 & #4 W CW to from line facing M, with 16 walking steps (cts. 1-16).
9-16	M repeats M steps from VI (cts. 17-32).
9-12	W repeats first 8 cts. from VI, arms across chests (cts. 17-24).
13-16	W walk 8 stpes in individual circles CW, arms across chests (cts. 25-32).
X	CROSSOVER
1-4	All repeat steps from first 8 cts. of VI, hands on hips, leading with R elbows (cts. 1-16).
5-8	With 8 walking steps cross to opp. lines, ptrs changing places passing R shoulders, turning CW to face ptrs (cts.9-16).
9-16	Repeat action, couples returning to orig. places, passing R shoulders, M join hands up forming arch, W join hands down (cts. 17-32).

Continued -

MUSIC

PATTERN

Meas.

- XI WEAVING
- 1-8 #1 W leading W line with 8 russian polka steps CCW around M's line to #4 M (cts. 1-16).
- 9-16 W continuing with 8 russian polka steps weave thru M's line finishing beside partners, #1 W to R of #1 M, etc. (cts. 17-32).
- XII CIRCLE AND FINISH
- 1-16 All join hands, and starting with R ft do 16 pas de basques, #1 M leading line CCW into a circle (cts. 1-32).
- 17 W step out of circle turning to face partner, hands on hips (cts. 1-2).
- 18-25 16 Veriovochka steps, starting R ft bwd (cts. 3-18).
- 26 All stop, raise both hands above heads (ct. 19).
- 3 chords Run to partners and put arms around them.

Continued.

RUSSIAN QUADRILLE

○ Women
X Men

<p>#1 (Cts. 1-16)</p>	<p>#2 (Cts. 1-16)</p>	<p>#3 (Cts. 1-16)</p>	<p>#4 (Cts. 1-16)</p>
<p>#5 (Cts. 1-32)</p>	<p>#6 (Cts. 1-16)</p>	<p>#6 (Cont.) (Cts. 17-32)</p>	<p>#7 (Cts. 1-32)</p>
<p>#8 (Cts. 1-32)</p>	<p>#9 (Cts. 1-16)</p>	<p>#9 (Cont.) (Cts. 17-32)</p>	<p>#10 (Cts. 1-8)</p>
<p>#10 (Cont.) (Cts. 9-16)</p>	<p>#10 (Cont.) (Cts. 17-24)</p>	<p>#10 (Cont.) (Cts. 25-32)</p>	<p>#11 (Cts. 1-16)</p>
<p>#11 (Cont.) (Cts. 17-32)</p>	<p>#12 (Cts. 1-32)</p>	<p>#12 (Cont.) (Cts. 1-16)</p>	<p>Finish (3 cts.)</p>