

101

**KAMARINSKAYA**  
(Briefed outlines of figures)

Two lines facing about 10 ft. apart - men in one line - ladies in other line - partners facing.

- Fig. 1 (a.) Ladies progress toward partners - hdkf. in R hand; R heel, brush back, stop R, L, R. Repeat 3 times L, R, L, (4 times in all). Dip hdkf. low at each heel point.
- (b) Ladies turn L shoulder to partners - raise R hand overhead (hdkf) and on 3 counts of each measure dip slightly by bending knees slightly and straighten to original position; repeat 3 times (4 times in all.)
- (c) Ladies progress away from partners on 8 push steps to R; half-turn and continue 8 push steps to L, to original place at beginning of Fig. 1; 8 push steps to R in place and reverse on 8 push steps L in place to pose R hand (hdkf) and R toe forward.
- Fig. 2 Men progress toward partners - half prysiadake ending R shoulder to partner in pose; Repeat L, R, L. (4 times in all) ending facing partners. Return backwards to place hands on hips, R toe, heel; L toe, heel; etc. alternating, 8 times in all, and pose at end, R hand toward partner and R foot forward.
- Fig. 3 Ladies progress toward partners - R toe, toe, kick, step, L toe, toe, kick, step; Repeat alternating 6 times in all; dipping; R hand (hdkf) at beginning of each step. Return backwards to place on 8 skip steps and pose toward partners as in Fig. 1.
- Fig. 4 Men progress toward partners - hands on hips - polka R, polka L, prysiadake twice; Repeat beginning polka L. Return backwards to place on 8 skip steps and do 3 prysiadakis in place and pose toward partners as in Fig. 2.
- Fig. 5 Ladies progress toward partners, pass around them R shoulders to position with L shoulder toward partners, all on 8 polkas; Repeat then Fig. 1 (b), holding position.
- Fig. 6 Men progress backwards away from partners on 6 skip steps (hands on hips) and do one prysiadake on 2 counts; progress forward to place on 6 skip steps and one prysiadake; repeat figure but at end of second sequence do not prysiadake but take ballroom position with partner.
- Fig. 7 Leading into a circle of couples counter-clockwise - polka turns 4 measures progressing rapidly; continuing progress men take walking steps forward accounting L ft. while ladies slip turn under man's R arm, 4 meas. Repeat figure.

*continued.*

Kamarinskaya (con't)

- Fig. 8 In ballroom position slide in continuing counter-clockwise direction 6 times and on 2 counts ladies pivot under man's R arm; Repeat figure.
- Fig. 9 Partners facing, men's backs to circle; R, toe, toe, kick, step R; L, toe, step L, squat, turn R. Repeat figure.
- Fig. 10 Partners progressing away from each other backwards 6 skip steps (men toward center of circle) pointing R toe forward. Clap 3 times. Return to face partner on 5 skip steps and on counts 6, 7, 8 men lift partners in air (hands at waist) and set them down; Repeat figure.
- Fig. 11 In Russian position pas debauche R and L, ladies pivot under arms keeping hands joined while men step R, L; repeat with ladies pivoting back L to same position; repeat entire figure.
- Fig. 12 Russian position - skip backwards clockwise 16 steps and polka turns forward 8 meas. and on final chord post with ladies outside circle.

Note: This is a briefed outline of figures as used by the Palomanians since 1946. Directions for this dance may also be found in Elizabeth Barchenal's book FOLK DANCES AND SINGING GAMES.