

KOZACHOK TRIO  
(Ukraine)

This Ukrainian dance for one boy and two girls is described in a book of Ukrainian dances in Madelynne Greene's library, and was translated into English for Madelynne by Dick Crum. The dance is originally described for only one trio. Slight changes of floor pattern had to be made to accommodate many trios dancing together. It is suggested that not more than 8 trios dance in one circle.

Music:

*COLONIAL*

Record: COLUMBIA LP 202, Side B, Band 2 "Memories of Ukraina". The music as recorded is very fast and should be slowed down so that the style of the dance will not be distorted.

Formation:

To assure good spacing, the trios (with the M in the middle and a W on either side) will face the ctr of the circle. M's hands extended out to sides, W at right side places her R hand in M's R hand. L hand W places her L hand in his L hand. W join their inside free hands in front and on top of M's outstretched arms, just below his chest. Before the music begins each trio will pivot around to face LOD and try to maintain this space throughout Fig I.

Steps:

- #1 Bihunets: Like a long travelling pas de bas reaching fwd. Initial pos: 6th. Upbeat, ct &: slight flex of L leg, bring R ft fwd not too high off ground. R knee straight, in preparation for broad step fwd.
- ct 1 Land on full R ft, knee slightly bent, toe pointed fwd in direction of movement. L ft extended fwd, knee straight.
- ct & Small step fwd on L ft (ball of ft).
- ct 2 Small <sup>REACHING STEP</sup> step fwd on ball of R ft. L ft is quickly brought fwd, knee straight, ft pointed.
- ct & Long <sup>REACHING STEP</sup> step with L ft, as in "upbeat" above. The step is now repeated with other ft.
- #2 Tynok (Pas de bas). Initial pos: 3rd, R ft in front. Upbeat, ct & Slight flex of L leg, full L ft on ground, raising R ft fwd and low, R knee straight
- ct 1 Leap onto R ft fwd and slightly to R, tracing a small arc in the air on the way, flex R knee slightly. L ft is brought fwd, knee straight, ft slightly pointed.
- ct & Step onto L toe in front of R ft (actually tiny leap).
- ct 2 Step onto R ft (full foot) in place behind L ft, bending knee slightly, L ft is brought fwd.
- ct & Prepare to leap onto L ft fwd/L. This step is now repeated with other ft.
- #3 Backward movement with alternating heels: Initial pos: 6th. Upbeat ct & Semi-flex of both knees.
- ct 1 Put R heel fwd, with flex of L knee (wt on L).
- ct 2 Same as ct 1 but with other ft.

*continued...*

## KOZACHOK TRIO (cont).

- #4 Vyhyljasnyk ("kolupalochka with stamps") Toe heel, toe heel, or toe heel, stamp, stamp, stamp. Move fwd. Initial pos: 6th.  
ct 1 With slight hop, land on full L ft. L knee slightly bent. At same time place R toe beside L ft, knee slightly bent and pointed twd middle. Body turned slightly so that R shoulder is fwd, head turned twd R shoulder.  
ct 2 Another slight hop on L ft, point R heel fwd/R, R knee straight, L shoulder is fwd, head turned twd it.  
 In the following meas hop onto R ft to repeat movement with opp ftwork. The above movement is called "kolupalochka" and is often combined with stamps in various ways. For example, one meas of "kolupalochka" followed by three stamps R L R, etc. The kolupalochka itself is done in place, and the stamps are done moving fwd.
- #5 Prysiadka, kicking ft fwd. Initial pos: 6th.  
ct 1 With a jump, land in squat pos, on balls of ft, heels together, knees pointed outward.  
ct 2 With slight hop, not straightening up very much out of squat pos, bring R ft up to knee level of the other leg, R knee bent sharply and pointed to R.  
 Head and trunk should be held up straight.
- #6 Viryovochka (Verevochka or reel step) Skipping bwd.  
 Initial pos: 3rd, R ft in front.  
Upbeat ct & With slight hop, slide a bit fwd on L toe. R ft (R knee bent) is brought fwd and around in back of L leg, R knee is pointed a bit to side, and R ft is slightly pointed.  
ct 1 Step onto R toe behind L ft in 3rd pos, knee slightly bent  
ct & Slight hop, sliding a bit fwd on R toe, L ft brought into pos as described for R ft in the upbeat.  
ct 2 Step onto L toe behind R ft in 3rd pos, as for R ft in ct 1.  
et & Same as under "upbeat".
- #7 Mitelochka (Duck Walk) Initial pos: 6th in full squat.  
ct 1 Without rising from squat, step fwd on ball of R ft.  
ct & L ft out to side traces an arc pattern from back to front inside of L ft twd ground.  
ct 2 Without rising from squat, step fwd on ball of L ft. Head and trunk straight  
ct & R ft does movement like that described for L ft under "&".
- #8 Prypkanie (Up and down - Push step) Initial pos: 3rd, R ft in front  
ct 1 Small "turned out" step sideways with R ft, on whole ft, with slight knee flex. L ft is off ground, and moves to a pos behind R ft just below ankle.  
ct & Step onto L toe in this pos, straightening knees.  
cts 2& Same as cts 1 &.

*Continued...*

- #9 Holubtsi with stamps Initial pos: 6th.  
 (Step fwd with R ft (full ft), with slight flex of knee; L ft is raised a little to L). Hop on R ft, lightly clicking it against L ft in air a bit to side. (The whole inner side of each ft is involved in the "click").  
ct & 1 Land on whole R ft, with slight flex. L ft remains out to side.  
ct & 2 Repeat above (2 in all).  
 The movement is also done with the other ft. Head turns slightly to the direction of the outraised ft, and body leans a little away from same. In this dance, 2 Holubtsi are combined with 3 stamps.  
ct 1 Land on full ft L, with slight flex of knee, moving a bit R.  
ct & Stamp R ft.  
ct 2 Stamp L ft.

- #10 Pidsichka (Coffee grinder) The movement is performed on 1 ft in deep squat pos. The other ft traces a circle out around the supporting ft. The palms of both hands are used for support at the moment when the circling ft passes supporting ft. In squat pos, wt on toes of L ft, knee pointed fwd, R leg is out to R, inside of R ft on ground. Body leans fwd very much. Both hands on floor. Beginning the movement, bring R leg around in front, toe pointing upward. In order to permit the R ft to trace a half circle in front, release R hand and then L hand momentarily, etc.

- #11 Povzunets (Prysiadka - kick-outs (ft off floor)) Initial pos: Deep squat pos, wt on toes, knees fwd.  
ct 1 Slight hop, but remaining in squat pos, send R ft fwd with stiff knee.  
ct & Pause.  
ct 2 Without leaving squat pos, hop onto R ft and send L ft fwd.  
ct & Pause.

Measures  
2/4

Pattern

No Introduction

I. PAS DE BAS IN CIRCLE

- 1-10 Using #1 (Bihunets - long reaching pas de basques) and all beginning with R ft dance fwd in large circle 10 pas de basques.  
 11-16 Each trio turns L twd ctr wheeling and then pivoting around in a CCW direction to end on meas 16 in a single circle facing ctr.

II. PAS DE BAS TO CENTER

- 1-7 Using #2 (Tynok - pas de bas) dance 7 pas de bas steps twd ctr. (arms held same as Fig 1).  
 8 M stamps 3 times, turning both W as follows: W release the hands they were holding in front and place them on hips. M spins R hand W 1 full turn L. L hand W 1 full turn R. After the spins, M releases W hands, they put both hands on own hips. M simply places his hands at the back of their waists, and stands slightly back from them.

## KOZACHOK TRIO (cont)

III. BACK OUT OF CIRCLE WITH HEEL THRUST

1-7

Using #3 (alternating heel step) all thrust R heel fwd then L, etc. (14 in all) dancers move bwd to their orig pos in the large single circle facing ctr.

8

All stamp 3 times (L, R, L).

IV. WOMEN SOLO "TOE HEEL TO CENTER"

1-8

W, using 8 meas of music, do #4 (Kolupalochka with stamps) as follows: 1 meas "Kolupalochka", next meas stamps, etc., moving fwd. R hand W does the kolupalochka with L ft, L hand W does it with R ft, their arms during this open out to sides, during the fwd movement, hands are on hips. Moving fwd, W do the kolupalochka 4 times, and on meas 8 stamp 3 times. Hands on hips. M, all this time stands in place at outer circle. He may clap hands in time to music.

9-16

W take hold of the ends of the ribbons in their headdresses and move apart beg on ~~inside~~<sup>outside</sup> ft. Making a circular path with 7 meas of "bihunets" (long reaching pas de bas), they return to places. As the W separate and move away from each other, M moves fwd with #5 (simple prysiadka), beg with R ft. His arms extended out to sides, slightly below shoulder level. By the end of meas 15 all move twd ctr, and in meas 16 they finish the figure: R hand W spins in place and places her L hand on M's R shoulder; L hand W turns in place and puts her R hand on M's L shoulder - W spinning inward twd M. M holds them at their waists

V. ALL SKIP BACKWARDS

1-8

Using #6 (viryvochka "skipping") dancers move bwd, beg on R ft. At the end of meas 8 all reach original places.

VI. WOMEN TO CENTER

9-16

W move fwd beg R ft with #1 ("bihunets" - long reaching pas de bas). At the end of meas 16 they face each other and join hands. M remains at outer circle.

1-8

With hands joined, W do pas de bas for 3 meas, beg with R ft to the R. On meas 4 they do stamps. Repeat all this for meas 5-8.

9-16

Doing #6 ("viryvochka" skipping) W move twd M (facing ctr) where they change places. W who is at M's R crosses in front of the other W, hands on hips.

VII. MEN'S SOLO "DUCK WALK" AND WOMEN MOVE TO SIDES

1-16

M using #7 (mitelochka "duck walk") traces a complete CCW circle and at the end of meas 16 is in the same pos he was at the beg of this Fig. While the M is doing #7, W move fwd (arms at sides, palms facing fwd) and to sides with #8 (prypadanie "push step") stamping 3 times on meas 8. During the remaining 8 meas they re-trace their steps, ending up where they started, using #8 (prypadanie) and 3 stamps as before. During the prypadanie, their arms are at sides, held slightly away from body; during the stamps they place hands on hips. In meas 16, as they do the 3

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## KOZACHOK TRIO (cont)

- stamps, they give M the same hands he held at the beg of the dance, and join their free hands above his head, forming an arch.
- 1-8 All move fwd twd ctr. W do "bihunets" (moving ahead vigorously) while the M does the "povzunets" (kick out-squat). At the end of meas 8 the W who is at M's L turns to face him. W join their L hands above the M's head.
- 9-16 M continues to do "povzunets" (prysiadka pivots) (L hand arch). W, without releasing hands move CCW with "bihunets" steps, completing a full circle. At the end of meas 16 all face the ctr, the M a bit behind the W, W hands on their hips, M hands down at sides.

VIII. WOMEN PUSH STEP CROSSING (R W IN FRONT)

- 1-8 Using #8 (prypadanie "push step") W cross L and R during first 4 meas, and on the remaining 4, return to place. During the prypadanie steps, their hands gradually move outward from body. At the end of meas 8 W stamp 3 times and all join hands as at the beg of the dance.

IX. CIRCLE AND LEAVE L HAND WOMAN

- 9-16 Using "bihunets" (reaching pas de bas) the trio moves to the L in a half circle twd ctr, ending on original line of circle. After 4 meas, having reached the L side of circle, M releases the L hand W. In the remaining 4 meas he continues moving around with only the R hand W. Their hands are crossed a bit below chest level. On meas 16 M and R hand W raise their joined R hands above their heads facing each other.
- 1-8 M and W, without releasing hands, do #9 "holubtsi" with stamps (heel clicks) 4 times, changing places every 2 meas. On 1 meas of music they do 2 "holubtsi", and stamps on the next. On meas 8 they are in own places and release hands. (W who was let go dances leap, run, run to point of triangle out of circle.)
- 9-16 Now, the W who was let go earlier moves diag with #9 ("holubtsi" with stamps) beg with R ft. When she does the holubtsi her arms move out to sides, and when she stamps, they are placed on her hips. The M and W, meantime, separate to respective sides with ordinary steps (leap, run, run).
- 1-8 The W at L circle, moves across to L with "prypadanie" (push steps) facing ctr (ft in 3rd pos, L in front). M goes to ctr of triangle (leap, run, run).

X. M SOLO COFFEE GRINDER

- 9-16 M at ctr stage does #10 (pidsichka "coffee grinder"). W on either side move twd ctr and go about the M with "bihunets" steps. At the end of meas 8 M rises, and the W are on either side of him. W at R gives him her L hand, and W on L gives him her R hand. With free hands, W hold ends of their ribbons.

*Continued...*

## KOZACHOK TRIO (cont)

XI. TRIO FORMATION WITH INSIDE HANDS

1-8 Doing "bihunets" (leap, run, run) all move in circle as in Fig 1, but end facing out of circle (all have backs to ctr of circle).

9-16 Holding same hands M moves fwd with #11 ("povzunets"). W move bwd doing #6 ("viriyovochka"). All move quickly off dancing area and the dance ends.

Presented by: Madelynne Greene