

SHEENA  
(Russian)

This Russian quadrille originated in the Arkhanglesk region of Northern Russia. around the White Sea and near Finland.

Music: Folkraft F1107B "Sheena"

Formation: Eight couples in regular square formation, two couples on each side of the square. Numbering from one to four CCW around the set, the two couples with their backs to the music are "number one," or head couples. M keeps free H on hip; W holds skirt. Partners have RH joined.

Steps: Walk. pivot

Note: There are 2 steps per meas. throughout the dance.  
In every figure M begins L, W R.

Meas.      Pattern

2 meas.      Introduction. Partners face each other. bodies erect.  
music  $\frac{2}{4}$

I. Grand Right and Left

1-16 All do a grand R and L, elbows bent and hands held high. Finish with own partner in original pos (facing opp. couple).

II. Grebienkoy (Comb Through) and Pivot

1-4 Head couples (couples 1 and 3) join R with partner. Walk fwd 4 steps (twd. opp. couples) and bkwd (to place) 4 steps.

5-6 Same 4 couples (1 & 3) walk fwd. 4 steps. Release partner's H to pass opp person by R shoulder, and while passing shout "Grebienkoy" (grab-yen-koy).

7 Partners again join R and advance to opp pos with 2 steps.

8 With 2 steps (H still joined) couples turn CW to face original (home) pos.

9-10 The 4 head W (of couples 1 & 3) move fwd. (twd. opp. M) with 4 steps, leaving room between each other.

11-12 With 4 steps the head M move fwd and step in front of their own partners (W are standing still).

13-16 Assume closed pos and with 8 steps all 4 head couples pivot to own original pos. During this action the side couples remain in place.

III. Vorota, The Arches

Couples 1 and W of couples 3 are active. All other dancers remain in place. M of couples 1 place their R arms around partner's waist; W of couples 1 place LH on partner's inside shoulder. Stand with inside shoulders adjacent and join free hands holding them low (arms extended dnwd)

1-2 Couples 1 walk fwd 4 steps (twd. opp.)

3-4 Walk bkwd to place 4 steps.

5-6 Walk fwd 4 steps.

7-8 Release partner; join inside H (MR, WL) and with 4 steps make 1 turn CCW (M steps bkwd in place while W moves fwd with long strides), stretching out to finish in arch formation facing opp. (No. 3) W. Simultaneously W of couples 3 move fwd with 4 steps to finish facing arches of opp. couples.

*continued*

Sheena

- | <u>Meas.</u>  | <u>Pattern</u>  |
|---|---|
| 9-10  | With 4 steps W of couples 3 go under the arch formed by own opp. (No. 1) couple, turn away from the center of the set and walk around to meet in front of the 2 couples who were the arches. Both W join inside H (as they face the No. 1 couples) to form an arch. Simultaneously each W of the No. 1 couples turns CCW under her own arch (following the No. 3 W) with 2 steps; then No. 1 M turn CW under their own arches with 2 steps. |
| 11-12   | With 4 steps both M (of couples 1) lead their partners under the arch formed by W (of couples 3) and turn CW to face home pos making an arch.   |
| 13-14   | With 4 steps W (of couples 3) turn and go under the arches to home pos while couples 1 walk fwd twd their home pos.   |
| 15-16   | Assume closed pos and with 4 steps couples 1 pivot to home pos while couples 3 pivot in place.  |
| 1-16 repeated   | Repeat action of Fig. III meas 1-16 with couples 3 leading. During all of Fig. III side couples remain inactive.  |
| <u>IV. Single Stars</u>                                       |   |
| 1-8   | All 8 M advance to center, form a RH star (H held high) and walk once around (CW) with 16 steps. Finish in original pos.  |
| 9-16  | All 8 W star R once around (CW) and bk to place with 16 steps. All inactive dancers remain in place.  |
| <u>V. Grand Right and Left</u>                                |   |
| 1-16  | Repetition of Figure I.   |
| <u>VI. Repetition of Fig. II - Grebienkoy and Pivot</u>       |   |
| 1-16  | Couples 2 and 4 perform action of Fig. II, meas. 1-16. Couples 1 and 3 remain inactive.   |
| <u>VII. Repetition of Figure III - Vorota, Arches</u>         |   |
| 1-16  | Couples 2 and couples 4 perform action of Fig. III, meas 1-16 and   |
| 1-16 (repeated)   | meas. 1-16 repeated. Couples 1 and 3 remain inactive.   |
| <u>VIII. Grand Star</u>                                       |   |
| 1   | Join R with partner   |
| 2-8   | M form a LH star and all walk CCW   |
| 9-16  | Turn to face CW (M backing around) and release RH. W form a RH star placing L in crook of partner's elbow (MH are on hips) and walk CW with 16 steps. Finish in home pos.   |
| <u>IX. Obkhod Po Krugu (The walk in the Circle)</u>           |   |
| All face CCW. M remain on inside of circle with W on their R. |   |
| 1-2   | Assuming dance pos as in Fig. III, all M swing their partners CCW (M moving bkwd, W fwd.) with 4 walking steps. M finish on inside of circle.   |
| 3-4   | M walk fwd (CCW) to next W with 4 steps (W step in place).  |
| 5-16  | Repeat action of Fig. IX, meas 1-4 three more times.  |
| 1-16  | Repeat action of Fig. IX meas 1-16. M bow, W curtsy to partner.   |

--presented by Vyts Beliajus  
 -- notations prepared with assistance of  
 Marion Wilson