

1960 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Elsie Dunin

VO SADU

Ukranian

- SOURCE:** Vo Sadu was introduced by Mary Ann Herman on her visit to California in 1946.
- MUSIC:** Record: Kismet 131-A "In the Orchard"
- FORMATION:** Circle of couples facing fwd. in CCW direction, W to R of M. W has L hand on hip and R hand free. M has R hand on hip and L hand free. Note: Throughout the dance, whenever hands are placed on hips, the thumb is fwd., the palm is up, and the fingers of the hand slant downward on the back of hip. Handkerchief in free hand.
- STEPS:** Russian Polka*, lift step, push step*, buzz step turn*.

Music (2/4)

Pattern

meas

I. RUSSIAN POLKA FORWARD

- 1-8 Starting L for M and R for W, take 8 Russian polka steps fwd. moving CCW in the large circle. Free arm is extended at about shoulder level, diagonally fwd. and away from partner. On first polka step the arm is moved outward, palms up, in a restrained gesture (meas. 1) and on the second polka step, the forearm is brought in twd. the front of the body (meas. 2).

II. LIFT-STEP AND PUSH

- 1 With L arm extended from shoulder at about head level, curved slightly upward and palm inward, M steps on L toe with L knee straight; at the same time R ft. with R knee straight, is lifted from floor at an easy angle (ct. 1). Bending both knees slightly, place R ft. flat on floor in back of L ft., shifting wt. to R ft. to be ready for next step (ct. 2).
W executes same step to her R using opposite hands and feet from M.
- 2 Repeat action of meas. 1.
- 3-4 Execute 4 push steps moving sdwd. directly away from partner (M moves L twd. center of circle; W moves R away from circle.) The movement is slow and restrained. Hands remain in same position as in meas. 1.
- 5-8 Reversing hand positions, repeat 2 lift-steps and 4 push-steps returning to place. M starts R and W starts L.

III. FACE TO FACE, BACK TO BACK

- 1 Placing both hands on hips, M turns by swinging R ft. sharply bwd. so he is face to face with W (ct. 1) and completes this figure as a

Continued...

Vo Sadu (cont'd)

III. Face to Face, Back to Back (cont'd)

- 1 Russian polka step in this position: close L (ct. and), step on R (ct. 2 and).
- 2 M turns so as to face outward by swing L ft. bwd; partners are now back to back (ct. 1); he then finishes with Russian polka step in this position; close R (ct. and), step L (ct. 2 and).
- 3-8 Continue face to face and back to back for 6 more meas. progressing CW in the large circle. Action for W is similar except she starts by swinging L ft. sharply bwd. On completing this figure partners are back to back.

IV. BACK TO BACK, STRAIGHT AHEAD, FACE TO FACE.

- 1 M extends R arm fwd. and L arm bwd., stepping R, L, R (back to back) (cts. 1 and 2). The arms are held at about waist level with palms up. Action for W is similar except she steps L, R, L and extends L arm fwd and R arm bwd.
- 2 With hands on hips and dancers facing fwd., M takes 1 Russian polka step fwd., L, R, L, and W takes 1 Russian polka step fwd. R, L, R.
- 3 M extends L arm fwd. and R arm bwd. stepping R, L, R. W extends R arm fwd and L arm bwd., stepping L, R, L. (M and W twist body to face partner).
- 4 Repeat action of meas. 2.
- 5-8 Repeat action of meas. 1-4

V. TURN WITH PARTNER

Partners take position for a turn or swing as follows: With R hips adjacent, R hands are placed on partner's L hip, and L hands are free for action to be described.

- 1-4 Partners turn in place with 4 Russian polka steps. On meas. 1, L forearm swings inward twd. front of the body. On meas. 2, L forearm swings outward, so that arm is almost fully extended at shoulder height, with palm up. On meas. 3 the L arm swings in, and on meas. 4 outward, as in meas. 1 and 2.
- 5-8 Extend L hand bwd. twd. floor, arm straight, palm down; lean away from partner and execute buzz-step-turn bwd. (step on R ft. and push fwd. with L ft.) with 8 buzz steps.

VI. SAME AS FIGURE V

- 1-8 Repeat action of Figure V.

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