

A ya po lugu

(Russia)

A ya po lugu is a song dance from central Russia, the title translating as "I walked in the field." The dance is based on traditional dance patterns from central Russia and was arranged by Hennie Konings. These kinds of dances are not done in a fixed order. A person or couple leads the dance, calling the figures. The accordion player has been known to do the calling.

Pronunciation: ah YAH poh LOO-goo

Cassette: Konings – Stockton 1996

2/4 meter

Formation: Two concentric circles of equal number, hands joined in V-pos. The outer circle (A) raise joined hands over the heads of the inner circle (B) to make a basket. Face diag R of ctr. Circles will keep the same label (A or B) throughout the dance.

Steps: Basic (R): Step fwd on R (ct 1); scuff L beside R (ct &); step fwd on L (ct 2). Step repeats exactly.

Basic (L): Opp ftwk from Basic (R).

Stamping step: A step that takes wt and makes noise.

Meas

Pattern

16 meas

INTRODUCTION. No action.

I. BASKET CIRCLE CCW AND CW

1-8 Beg R, dance 7 Basic steps in LOD. With 3 Stamping steps, turn to face diag L of ctr (meas 8).
9-16 Repeat meas 1-8 with opp ftwk and direction. End facing ctr.

II. TO AND AWAY FROM CENTER

1-4 Beg R, all dance 3 Basic steps and 3 Stamping steps.
Circle A: Raise joined hands up and over the heads of Circle B while moving bkwd away from ctr. Release hands as circle widens.

Circle B: Slowly raise joined hands until hands are above head (arches) while moving fwd twd ctr.

5-8 With opp ftwk retrace steps and reform the Basket.

9-12 Repeat meas 1-4.

13-16 Beg L, all dance 3 Basic Steps and 3 Stamping steps. Lengthen steps a little.

Circle A: Move fwd and duck under the arches of Circle B. Join hands in V-pos facing in RLOD.

Circle B: Move bkwd. After Circle A has gone under the arches, lower joined hands and face LOD.

Dancers are now in 2 concentric circles.

A ya po lugu—continued

III. CONCENTRIC CIRCLES

- 1-8 Beg R, dance 7 Basic steps—Circle A in RLOD, Circle B in LOD. With 3 Stamping steps turn to face opp direction.
- 9-16 Repeat meas 1-8 with opp ftwk and direction. At the end, Circle B (outer circle) bring joined hands over heads of Circle A (inner circle) to reform the Basket.

IV. BASKET CIRCLE CCW AND CW

- 1-16 Repeat Fig I. Note that Circle B has the joined hands on top.

V. TO AND AWAY FROM CENTER

- 1-16 Repeat Fig II. Roles are reversed with Circle A moving twd ctr and Circle B moving away. End in two circles with Circle B on the inside facing RLOD.

VI. CONCENTRIC CIRCLE

- 1-16 Repeat Fig III. Circle A move in LOD and back; Circle B in RLOD and back.

VII. BASKET CIRCLE CCW AND CW

- 1-16 Repeat Fig I.

VIII. TO AND AWAY FROM CENTER

- 1-16 Repeat Fig II.

IX. CONCENTRIC CIRCLES

- 1-16 Repeat Fig III. At end reform Basket as before and stand facing ctr.

Presented by Hennie Konings

Description by Ruth Ruling and Joyce Lissant Uggla