

Presented by Carolyn Mitchell

ALEXANDROVSKA

Russian

This is an old Russian Ballroom Dance for which no folk origin can be found.

MUSIC: Record: Kismet 129 or Imperial 1025 or any slow Russian Waltz
phrased in an eight measure pattern.
Piano: Beliajus, Dance and B Merry, Vol. I.

FORMATION: Couples; partners facing with both hands joined and raised
sideward shoulder high.

STEPS: Waltz*, Step-close. Steps are described for man; woman uses
opposite hand or foot.

 Music (3/4)

 Pattern

meas I. BACK TO BACK

- 1 (ct.1) Starting with outside foot (man's L, woman's R) step sideward,
close inside foot to outside (ct. 2,3).
- 2 Step to side with outside foot (ct.1) release forward hands (man's
L, woman's R), swing other joined hands forward bringing partners
into back to back position (ct.2-3). On the turn pivot on outside
foot swinging inside hands forward; join hands shoulder high.
- 3 Still back to back, step forward with inside foot (ct. 1) close.
outside foot to inside (ct. 2,3).
- 4 Step forward with inside foot again (ct.1) pause, drawing foot
almost to close. (ct. 2,3).
- 5-8 Still back to back repeat above in opposite direction. Note on
Meas. 6 the joined forward hands are swung backward bringing
partners face to face.
- 9-16 Repeat steps described for Meas. 1-8, Figure I.

II. WOMAN TURN

- 1-4 Position: Partners facing, inside hands joined, outside on hips,
woman turns under man's raised R arm. Man: step sdw. L (ct.1),
close R (ct.2,3). Repeat three times pausing on last measure with-
out closing R to L. If preferred, man may waltz forward for 4
measures.
Woman: Meas. 1--step sideward R (ct.1), close L (ct.2,3) Meas2--
with same step make a complete turn to R under joined hands.
Repeat this step.

continued.

II. Woman Turn (cont'd)

- 5-8 Same as for Meas. 1-4 in opposite direction.
 9-16 Repeat steps described for Meas. 1-8, Figure II.

III. HANDS JOINED IN SKATING POSITION

- 1 Waltz forward.
 2 With one waltz step face in opposite direction turning in toward each other.
 3-4 Waltz backward for one Meas., then step R (ct.1), raise (slightly) and point L (ct. 2,3).
 5-8 Repeat action for Meas. 1-4 in opposite direction, ending by pointing with R.
 9-16 Repeat steps described for Meas. 1-8, Figure III.

IV. COUPLE WALTZ (Closed position)

- 1 Step with outside foot (ct.1), close (ct.2,3).
 2 Step with outside foot (ct.1), pause drawing foot almost to close (ct.2,3).
 3-4 Same in reverse direction.
 5-8 Turning and progressing forward with four waltz steps.
 9-16 Repeat steps described for Meas. 1-8, Figure IV.

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46 FORMATION: Couples: M facing LOD, W in reverse LOD.

46 Meas. 1, step sideward to center of circle.

46 Fig. II, Meas 1-4, Position: partners facing, M on inside of circle, M R hand and W L hand joined.