

GOPAK (Ukrainian Dance)CHANGS INTERNATIONAL FOLK DANCERSRecord: Stinson 3023

MEN in straight line - shoulder to shoulder - about 3 feet apart.  
 LADIES - beginning Fig. 1, dance in, single file, to reach position,  
 R shoulder to partner, lines close together.

Slow Dance

Fig. 1. During this figure men keep position, hands clasped at back and keeping time lightly with R. foot. Ladies, (R elbow resting in palm of L hand and R hand under chin with index finger extended on R cheek) polka forward to position, R shoulders to partners, beginning R polka. (Step is a deliberate sliding polka, with leading foot turned well out.) Music provides for 4 steps.

Keeping hand position, ladies dance 4 dip steps to left at right angle, away from partner, (Rise on R, step dip on L) and R turn in place on 2 polka steps beginning R, ending facing partners, partners bow with R hand swept down low, feet together.

Extending arms, elbows held close at waist, ladies progress toward partners on 2 polkas beginning R, at same time turning body from waist slightly to R and then L, and using polka steps as in beginning of figure. With R elbow resting in palm of L hand, sweep R arm out to R, slightly turning R, while dancing a R polka step in place; Repeat to L and partners all bow, sweeping R hand forward low, feet together. (Note: - after first bow of this figure men fold arms across chest.)

Fig. 2. Two lines are facing, partners opposite; place arms on arms, men in one line, ladies in other; complete 4 dip steps R - (Rise on L, step dip on R.) Repeat to L, back to place.

Partners join R hands and polka once R toward each other and balance, Polka back L and balance, and change position on 2 polka steps beginning R. On 3 counts ladies turn R, in toward partners under joined R hands, on slow buzz step and end in pose with R toe forward, on count of 4, R shoulder toward partner, L hands now joined over head and R hands joined and held low. Without pause, ladies then turn L under joined L hands on 4 slow buzz steps; men place R hands at ladies R waist; L hands joined and both continue L turn on 4 buzz steps and end in pose, R toe forward, all facing forward in single line. After pose place feet together awaiting next figure.

Fast Dance

Fig. 3. Place R heel forward, brush R foot back, hop on R, stamp L,R. (Count is 1 and, 2, and, 1,2,3,) (Hand position as at end of Figure 2).  
 Repeat L.

GOPAK:- (Cont'd)

Place R heel fwd, brush R foot back, repeat, hop on R, stamp L,R. (This step is similar to above but brush steps are faster. Count is 1, and, 2, and, 1,2,3,.)  
Place L heel forward, brush L back, hop on L stamp R 3 times. (Count is 1 and, 2, and, 1,2,3. Hop on L is on second "and" count.)

Fig. 4. Hand position same as above (L hands joined forward, R hands at ladies R waist) Couples quarter turn R in line to form double circle facing counterclockwise and progress counterclockwise on 8 running and stamp steps. (Step is done with running steps, R, L, R, slightly bending knees, stamp L heel, slightly swaying L. Repeat to L and alternate. On last count of this figure men turn ladies to face them (men facing out of circle, ladies into circle.)

Fig. 5. Progress clockwise, polka face-to-face, and back-to-back, alternating, turning away on the change of position. Leading arm each time sweeps up and forward in arc, trailing hand on hip. Complete 7 steps, and on 8th measure men and ladies do one polka step to face out of circle, men in front of ladies, hands joined overhead. (7) Face-to-Face, turn on 8 with a polka with man in front.

Fig. 6. Partners keeping hands joined, men prysiadka, ending on heels; turn ladies around men's left on dish rag turn to place ladies in front; Ladies half-prysiadka and complete dish rag turn around to back of men, passing to men's R. Repeat figure, but at end of ladies half-prysiadka men turn her under in front of them, both facing counterclockwise. Prysiadka - man in front.

Fig. 7. Hands joined in common Russian position - 4 pas-de-basque, beginning R. Hands still joined, both facing out of circle, ladies in front, do 8 push steps R, clockwise back to original position. Repeat figure, but at end turn ladies to face men, parallel to line of circle. Pas-de-Basque, 4 - 8 push steps.

Fig. 8. Ladies turning slowly in place to R, dance a kick step as follows: Hop L, touch R toe with foot turned out; hop L and touch R toe with foot turned in; hop L and kick R to side, step R beside L. Repeat to L and alternate while turning, 4 times in all to complete one circle, R arm arched high. (4) Toe-toe-kick clockwise. Simultaneously, Men polka around ladies in one complete circle beginning R and continuing to face partners as they travel, ending as in beginning of figure; arms outstretched. Men polka clockwise. NOTE: On last count of last measure of above figure, partners are facing and slightly squat.

Fig. 9. Rising from slight squat position both jump-stride L, rising on heels, R shoulders to partner, arms outstretched-down at sides; again facing on slight squat, jump-stride R, L shoulder to partner; repeat to L, repeat to R, end facing partner. Russian

GOPAK-(Cont'd)

skip step back from partner 4 steps; progress toward partners on 3 quick modified cut steps, R foot forward, and on 4th count bring feet together, preparatory to next figure. Squat step Left - back skip 4; 3 cut steps forward.

Fig. 10. On first count jump-stamp both feet to R side of partner, taking waist position with outside hands high; on next 15 counts turn in place hopping on R foot with L leg held high in front but curved in. On last counts men should govern position to place ladies down on outside of circle facing men at end of figure. 15 turn hop clockwise curved in. Men control ladies landing on outside to face partner.

Fig. 11-Hands at sides - step R to R side; step L back of R; <sup>Step R.</sup> to side and clap hands; stamp L and pose, arms outstretched. Repeat to L. Side L Back R clap stamp.

Ladies dance a solo circle R on 4 polka steps beginning R; while men do 4 prysiadki while completing solo circle to R. Lady 4 polkas as R circle.

Repeat entire figure beginning to L and dance solo circles L. Men - 4 prysiadki.

NOTE: - Ladies complete 4th polka step of last solo circle by turning her back to partner, both facing out of circle, hands joined over head.

Fig. 12-Ladies and men do modified Prysiadki and changing places as in Fig. 6 but Ladies first, passing to R, back of men, and forward to L of men when preparing to repeat prysiadka. Men do the last prysiadka of this figure and turn to face ladies. Partners step forward, hop on R, taking waist position, outside arms high, continuing turning hopping on R as in Fig. 10, for 12 counts. On remaining 4 counts of music ladies turn out away from partners and quickly join right hands, pose, left hands arched high.

NOTE: You are warned of the importance of carefully applying the above instructions to the music of the Gopak record referred to and do not depend on measures or counts to break down the steps. The "slow dance" in part, completes some figures through the rests and the music varies in the number of measures between rests. The "fast dance" picks up in tempo and the acceleration of the dance must be watched closely.