

HOPAK  
(Russian)

This form of the Hopak was arranged by Henry (Buzz) Glass and consists of typical Ukrainian and Russian step patterns. Since the Hopak typifies the gaiety and abandon prevalent to the Ukrainian people, The Hopak could be characterized as their national dance.

RECORD: "Hopak", Kismet 106

FORMATION: Couples facing COW in circle around room.

DANCE: No introduction on record.  
Every pattern in this dance uses 16 measures of music.

1. PAS de basque. In Varsouvienne position, advance in line of direction of circle, starting to left. (16 steps)
2. Touch-kick step. With weight on right foot, hop on right foot and touch left toe in front of right foot, hop on right foot & kick left foot straight forward. Advance with three running step L, R, L, Continue, alternating feet. (8 patterns)
3. Russian polka step. This is done smoothly, with couples covering space. Keep on the balls of your feet. (16 steps)
4. Buzz step turn. Partners drop hands, face each other, & both turn to own right (individually) with a buzz step. Leading right hand is curved overhead, while left fist is on hip. Stamp with stamp, & repeat to left. (16 buzz-steps in each direction)
5. Falling step. In Varsouvienne position again, partners change position. Forward on left foot, shift weight back on right foot, step left foot forward, straightening knee. Advance in line of direction of circle with three running step, L, R, L. Continue alternating feet. (8 patterns).
6. Buzz-step turn with partner. Partners drop hands, face each other, right side to right side, right hands on partner's hip, & left arms curved overhead. Turn right with 15 steps & stamp. Repeat to left, ending in circle facing partner's right & woman's left shoulders to center of circle.
7. Push away step. Curve right arms overhead, left fists on head turned to left. 14 push steps away from partner, (14 push step a tapping with the left toe with a slight shove on right foot). Stamps, L, R, L. Repeat pattern back to place, left, ending with stamps, R, L, R.
8. Toe-heel-touch-kick-step. Partners face, hands on hips. Weight on left foot, touch right toe to right rear, touch right heel to right front, bring right foot up in front of left foot, kick right foot diagonally forward, hopping four times on right foot. Repeat pattern, alternating feet, for 8 patterns.
9. Man does prysiadkas for 16 measures while woman improvises. When the man is showing off for the woman, it seems logical that actions should be subdued & she should watch her partner.