

HOPAK

(Russia)

The Hopak might be characterized as the National Dance of the Ukrainian people in that it typifies the gaiety and abandon prevalent in their dances. This form of the Hopak was arranged by Henry "Buzz" Glass and consists of typical Ukrainian and Russian step patterns for group participation. (HG)

MUSIC: Records: Kismet A 106 Columbia 20346F Victor V- 21123A Sonart 583
Piano Shambaugh, Folk Dances for Boys and Girls

FORMATION: Couples in circle formation, in Russian polka position*

STEPS: Pas de basque*, Touch kick, Russian Polka*, Buzz step*, Falling step, Push away, Toe-heel-touch-kick step, Improvised steps.

MUSIC 2/4

PATTERN

- Measures
1-16 *PAS DE BASQUE* - In Russian Polka position, progress fwd with alternate pas-de-basque steps, L,R. (M accentuates leap of pas de basque, W is reserved.)
- 1-16 *TOUCH KICK STEP* - Hop on R foot and touch L toe in front of R foot, hop on R foot and kick L foot fwd straightening knee with a precise kick. Progress fwd with 3 running steps L,R,L. Continue alternately, 8 times in all.
- 1-16 *RUSSIAN POLKA STEP* - This is done smoothly, with feet close to floor. Couples sway from side to side as they move fwd. The first step of each polka is slightly accented. It is a long, smooth, reaching step, danced on the balls of the feet. Both dancers start with L foot, 16 steps, in all.
- 1-16 *BUZZ STEP TURN* - Partners facing, both turn individually to own R with the buzz step. R hand is curved overhead, while L fist is on hip. End with a stamp and repeat to L. 16 (with stamp) in each direction.
- 1-16 *FALLING STEP* - In Russian Polka position partners fall fwd on L foot, rock back on R foot, extending L foot fwd, straightening knee. Progress fwd with 3 running steps, L,R,L. Continue alternately, 8 times.
- 1-16 *BUZZ STEP TURN WITH PARTNER* - Partners R side to R side, R hands on partner's L hip and L arms curved overhead, turn R with 15 buzz steps and stamp. Repeat to L, ending in single circle facing partner, M's R and W's L shoulder toward center of circle.
- 1-16 *PUSH AWAY STEP* - Partners have R arms curved overhead, L fists on hip and head turned away from curved arms. Tap L toe and at the same time push sdwd on the R with a short chug step. The body is inclined slightly to R with the weight on R foot. 14 push steps ending with stamp L,R,L. Repeat back to place, moving to L.
- 1-16 *TOE-HEEL-TOUCH-KICK STEP* - Partners facing, touch R toe in inverted position at the same time hopping on L foot (ct.1), replace R toe with R heel at the same time hopping on L (ct. and), touch R toe in front of L foot at the same time hopping on L (ct. 2), kick R foot, diagonally fwd at the same time hopping on L (ct. and). Repeat toe-heel-touch-kick step hopping on R and L alternately, 8 times in all.
- 1-16 *IMPROVISED STEPS* - While W improvises with pas de basques, or back skipping steps, or toe-heel-touch-kick steps, M demonstrates his masculine vigor with prysiadkas. (See Prysiadkas sheet.) As the M begins his final prysiadka the W may turn in place with a buzz turn.