

KABARDINKA
(Georgia)

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Kabardinka (Kah bahr DEEN kah) is a dance from Kabarda in the central Caucasian highlands. It is a traditional courting dance which varies in interpretation and can be seen as a solo, couple, or group dance. This description is of the group dance.

MUSIC: Record: FESTIVAL (45) NATIONAL 4520 A

FORMATION: Inner circle of M with backs to ctr (facing out). Outer circle of W facing in LOD (CCW). No. of dancers in the 2 circles need not be even but one circle should not be too much larger than the other. As dance starts M are seated cross-legged watching the W.

STEPS & STYLING: Women's Basic Step: Step R beside L (ct 1). Step L fwd (ct 2). Step R fwd (ct 3). Extend L leg fwd, knee more or less straight & toe easily pointed (ct 4). Upon repeat of the step the extended leg is brought back sharply so as to step beside the supporting ft. On cts 2,3 direction can be bkwd. Step alternates.

Men's Click Pattern: 4 Meas for 1 pattern.

Meas 1: Step R over to far side of L, bending knee (ct 1). Hop on R (really a small bkwd chug), swinging L leg around in an arc to front (ct 2). Step L over to far side of R, bending knee (ct 3). Hop on L (really a small bkwd chug), swinging R leg in an arc around to front (ct 4).

Meas 2: Repeat action of Meas 1, but on ct 4 extend R leg fwd (omit hop).

Meas 3: Click R heel sharply to L heel, taking wt (ct 1). Bending R knee, extend L leg fwd (ct 2). Click L heel sharply to R heel, taking wt (ct 3). Bending L knee, extend R leg fwd (ct 4).

Meas 4: Repeat action of Meas 3, but on ct 4 omit extension of R leg.

MEN'S ROOSTER STEP: 2 to a Meas. (Name for this step comes from one commonly used by the dancers). Step fwd on R (ct 1). Sharply bend L leg, placing inside of L ft next to inside of R knee, & chug fwd on R (ct 2). Step & chug fwd on L, R knee bent for cts 3,4. Arms swing in opposition to raised bent leg. If dancer is costumed, he holds in his hands the ends of his sleeves which are long & wide. Otherwise, fingers are curled into a loosely held fist.

Although M & W dance for each other, the two dances are best described separately.

Continued...

 MUSIC: 4/4 PATTERN

Meas

(cts 3,4) INTRODUCTION: This is heard as a quarter note & a triplet.

FIG. 1:

1-4 Beg R, dance 4 W Basic Steps in LOD. Extend arms to R side (L elbow is bent) at sho level, palms down. Shyly look at M over bent L arm. On last step turn L to face ctr.

5-8 Extend arms out to each side at sho level, palms down. Dance 2 W Basic Steps twd ctr & 2 W Basic Steps bkwd away from ctr. On last step turn to face LOD, assuming orig pos of arms (out to side).

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