

QUADRILLE-POUKA
RUSSIAN QUADRILLE

This dance was taught by Anatol Joukowsky at the Folk Dance Federation-South's Institute held in Santa Monica, California, January 29-30, 1955.

MUSIC: Record: National N-4524-A
Argee 1017-A
Stinson 3157-A (out of print)

FORMATION: 4 cpls in longways formation: Cpls 1 & 4 side by side, backs twd music (cpl 4 to L of cpl 1; cpl 3 facing cpl 4; W on M R. Hands hang naturally at sides.

STEPS: TROPKA (Trail): Step R, L (ct 1, &), step and chug fwd on R, extending L leg fwd and slightly twd R, pointing L toe downward and outward (ct 2). (As L leg is extended, body is turned slightly twd L.) Repeat, starting L.

VERIVOCHKA (Russian Skip Step): In place, alternating ft, starting R behind L, displace each ft.

REST STEP: (Performed in place.) Step R (ct 1) touch L heel, toe out (no wt) at R instep, turning body twd L (ct 2). Next step starts L. M performs step more vigorously than W (with light stamp on ct 2).

PRYSIADKA: M, hands on hips, squat with back straight, knees out in wide V (ct 1); straighten knees and (with slight leap twd R) extend L leg diag L, heel on floor, toe up and R arm high (ct 2). This step may be reversed, extending R.

Note: Throughout dance, when hands are on hips palms are up, fingers back and pointing downward.

MUSIC 2/4PATTERN

Meas

I. BOWS.

- 1-2 With hands at sides, M turn 1/4 L, W turn 1/4 R, and bow.
3-4 M turn R (CW) and W L (CCW) to face ptr and bow.
5-6 Starting R (hands still at sides) walk fwd 3 steps to opp person. On ct 4, close ft & bow.
7-8 Starting L, all walk 3 steps bkwd to original pos. On ct 4, bow to own ptr.

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Continued...

RUSSIAN QUADRILLE (continued)

II. MEN VISIT.

- 1-4 Starting R, all M walk 8 steps, touching L hands (high) with opp M and passing to L of opp M, then continuing CCW around opp W.
- 5-8 Continue to own place with 4 Tropka steps, hands on hips. During this figure, W dance 8 slow Rest Steps.

III. WOMEN VISIT.

- 1-4 Starting R ft, all W walk 8 steps, touching R hand (high) and passing to R of opp W, then continuing CW around opp M.
- 5-8 Continue to own place with 4 Tropka steps. During this figure M dance slow Rest Step.

IV. CIRCLE CW.

- 1-4 4 cpls form single circle and, with hands on hips, walk 8 steps CW.
- 5-8 Continue CW to approximate original pos with 4 Tropka steps. (Retain circle formation.)

V. M BRUSH STEP.

- 1-2 Forming inside circle and progressing CW, M step R (ct 1), brush L heel fwd and slap L thigh (downward) with back of L hand (ct 2). Step L, R, L (cts 1, & 2, meas 2), passing 2nd W. (Count own ptr as number 1.)
- 3-4 M repeat action of Figure V, meas 1-2, to 3rd W (completing 1/2 circle). Simultaneously, W dance Rest Step.
- 5-8 M walk 8 steps CCW around 3rd W. At the same time W walk 8 small steps CW in own very small circle.
- 9-16 Repeat action of Figure V, meas 1-8, M circling CCW around own ptr. M finish on inside, back to ctr.

VI. WOMEN CIRCLE OUTSIDE

- 1-2 With arms folded across chests, W move twd ptr with 3 steps (R, L, R) and extend L heel to touch floor in front of R.
- 3-4 W move bkwd, L, R, L and extend R heel to touch floor in front of L.
- 5-8 W place hands on hips and with 8 light running steps go CW around outside of circle. Stop in front of 3rd M (counting own ptr as number 1). Simultaneously, M (hands on hips, wt on R ft) flex R knee (ct 1), stamp L (ct 2). Repeat 7 times in all. On meas 8, stamp L, R, L (with small leap on first stamp.)
- 9-16 Repeat action of Figure VI, meas 1-8. W finish in front of own ptr.

RUSSIAN QUADRILLE (continued)

VII. PARTNERS TURN.

- 1-2 Hands on hips, facing ptr, both M and W walk fwd R, L, R and touch L heel fwd on floor, opening hands to ptr on ct 4 (L hips nearly adjacent.)
- 3-4 Move bkwd L, R, L and touch R heel fwd as hands are replaced on hips.
- 5 Walk fwd to ptr R, L (R hips adjacent) and place R on ptr's waist, L high.
- 6-7 With walking steps, turn CW with ptr.
- 8 Step bkwd R, L to original pos.
- 9-12 Repeat action of Figure VII, meas 1-4, exactly.
- 13-16 Repeat action of Figure VII, meas 5-8, but with L hips adjacent, turning 1-1/2 turns CCW to finish with W inside circle, ptrs facing.

VIII. MEN PRYSIADKA, WOMEN STAR.

- 1-2 M perform Prysiadka extending L (meas 1), step L, R, L in place (meas 2). W dance Rest Step.
- 3-4 M repeat Prysiadka, this time extending R and stepping R, L, R, while W continue Rest Step.
- 5-8 M, wt on L, extend R heel to touch floor and move R toe alternately to R and L (8 times in all). Simultaneously, W form R hand star and walk 8 steps CW to 3rd M (1/2 circle).
- 9-16 Repeat action of Figure VIII, meas 1-8. (W finish in front of own ptr.)

IX. FORMING LINES.

- 1-8 All hands on own hips. No. 4 M lead No. 3, No. 2, and No. 1 M to form a line with 16 walking steps CCW (outside W line) to finish with backs to music. At the same time No. 1 W lead No. 2, No. 3, and No. 4 W CW with 16 walking steps to form a line facing M.
- 9-12 M and W repeat action of Figure VI, meas 1-4.
- 13-16 M continue bend-stamp step while W (hands on hips) walk 8 steps CW in individual small circles.

X. CROSSOVER.

- 1-4 Repeat action of Figure VII, meas 1-4.
- 5-8 With hands on hips and R shoulders leading, ptrs exchange places with 8 walking steps (passing face to face). Turn CW to face ptr.

RUSSIAN QUADRILLE (continued)

- 9-16 Repeat action of Figure X, meas 1-8, leading with R shoulder but this time passing ptr back to back. Turn CW to face ptr. M join hands high to form arches; W join hands low.

XI. WEAVING.

- 1-8 With 8 Tropka Steps W1 lead W line CCW around M line to M4. M dance Rest Step while holding arches.
- 9-16 With 8 Tropka steps W1 lead W line in front of M4 to weave through M line. Each W step at R of own ptr (M in M line; W in W line).

XII. CIRCLE AND FINISH.

- All face fwd twd M1 (M turn 1/4 L); W 1/4 R) as ptrs join R; M join L with W in front. (W are diag R of and slightly behind ptr.)
- 1-16 All hands joined, starting R, dance 16 pas de basques as M1 leads CW around the room.
- 17 All step out (R,L) turning CW to face ptr, hands on hips.
- 18-24 14 Veriovochka steps, starting R behind L.
- 2 chords All stop, raise both hands (R high, L low); hold.
- 1 chord Run to ptr and put arms around ptr.

Presented by Anatol Joukowsky