

LEZGINKA  
(Russian)

SOURCE: "The Folk Dancer", July-August, 1945, published by Michael & Mary Ann Herman

RECORD: "Lezginka", Kismet 110

RHYTHM: 2/4 (16 measure to dance)

FORMATION: Large circle of couples, inside hands joined, open dance position, facing CCW.

DANCE: 1. Couples move forward with two balanced-polka steps, starting with outside feet (man's left, woman's right). Move smoothly. Joined inside hands swung forward at shoulder level on first step, swung back on second step. Outside hands swung back on first step & across chest on the second step.

Swing joined inside hands forward, release & each person takes two polka steps away from partner, beginning with the outside foot. (man turns left, woman right).

2. Partners face each other (man's back to center of circle). Description is for man; man leaps onto the left foot and pushes with the right foot four times. Woman does same thing on opposite foot. Hands should be kept on the hips or swinging freely at the side, OR (as done in some sections of Russia) one hand can be kept on the nape of the neck, the other hand on the hip, or stretched out to the side.

Man swings right foot under left knee, hopping on left foot at the same time, kicks right foot forward, keeping foot close to the ground with the toe pointing downward, hopping on the left foot at the same time. Woman does same thing on opposite foot. Man faces slightly to left, woman does same, so that they do not kick each other. Both take three stamps in place. Man RLR; woman LRL.

3. Still facing each other, partners raise bent right arms shoulder-level with hands across chest. Left arms are stretched out in back. All dance forward with one polka step (man's left foot, woman's right). Touch right shoulders and dance three more polka steps in this position (presumably once around), separately on the fourth step, reversing position of arms and take four polka steps with left shoulders touching, back to original place.  
(This is a flirtatious figure).

Start dance anew.