

METELITZA
The Blizzard

Ukrainian folk dance steps which have been arranged to fit a medley of folk tunes including Metelitzta: (Arrangement by Grace Perryman)

Source This dance pattern has been based on the dance as presented by M.E. Shambaugh in her book "Folk Dances for Boys and Girls".

Music Metelitzta - Imperial record #1024-B.

Formation All hands joined in a single circle of souples. M's partner at his R. Lead couple should be designated before dance starts.

Steps This dance may be done by a group of boys or boys and girls; the music has phrases of different tempos; the slow music having heavy ponderous steps, the faster music light energetic steps, and the fastest music light quick steps to indicate the moods of a blizzard - the heavy thunder, the strong wind, the light whirling of the snowflakes. Regardless that the dance is abandoned the steps should be precise and accurately timed.

SLOW POLKA -step frwd. on R heel---ct. 1
close R to L on toe--ct. and
step frwd. R with a stamp-ct. 2 Repeat starting L.

RUNNING STEP-Leap from L onto R moving frwd. - ct. 1
Two running steps frwd. L, R-----cts. and ,2. Repeat start L.
(raise foot in back especially on the leap)

BUZZ TURN WITH PARTNER- R hand on partner's waist, L hand over head.
step R, close L to R--turning CW with partner, R foot is pivot
keep steps small, turn as many times as possible.

Music 2/4 PATTERN

Measures No introduction

A-1 -4 4 slow polka steps moving CW in circle) Bend frwd. slightly at waist
5 -8 4 slow polka steps moving CCW) exaggerate heaviness of step.

B -9 -12 4 running steps moving CW) Pull outward to make the circle as large
13 -16 4 running steps moving CCW) as possible.

C-17 -24 Buzz turn with partner in place. Turn as rapidly as possible.

During meas. 17-24 one or two couples move into the center of the circle.

1-24 Other dances reform circle and repeat as above.

A - Couples in center dance as follows:

- 1 slow polka frwd. back to back, arms extended start inside foot.
 - 2 slow polka frwd. facing frwd. fists on hips, start outside foot.
 - 3 slow polka frwd. face to face, (arms extended start inside foot, stepping
 - 4 Repeat meas. 2 (across in front of other foot on first step.
 - 5-8 Repeat meas. 1 - 4.
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B - 9 M-Squat to deep knee bend, fists on hips

10 Stretch and fling L leg sdwd. R hand over head, L fist on hip.

11-16 Repeat, meas. 9-10, 3 times alternately flinging leg R & L.

9 W-step frwd. R -ct. 1, step frwd. L -ct. and

step frwd. R with a quick low brush of L frwd. toe turned out - ct. 2

10-16 Repeat alternately starting R & L, fists on hips elbows frwd.

C -17-24 Partners hook R elbows and with accented running step turn in place.

During meas. 17 - 24 one or two different couples move into the center.

1-24 The other dancers, including those who danced in the center, reform the circle and dance as before.

Measures	Pattern
	Couples in center dance as follows: Partners back to back with R shoulders adjacent, R arm bent at shoulder height hand at chest palm down, L arm extended to side at waist level and palm down. 4 slow polka steps turning CW with partner
A 1 - 4	
5 - 8	Reversing position, L shoulders adjacent, 4 slow polka steps turning CCW.
	Join both hands at shoulder height, W in front with back to partner.
B 9	W squat to deep knee bend keeping both hands joined
10	W stand and both pivot to R so that M is standing in front with back to partner, hands still joined.
11-12	M squat and stand and both pivot to R to original position
13-16	Repeat meas. 9 - 12
C 17-24	Partners hook R elbows and with accented running step turn in place.
	During meas. 17 - 24 one or two different couples move into the center
1-24	The other dancers, including those who danced in the center, reform the circle and dance as before.
	Couples in center dance as follows:
	Partners facing, M's R and W's L fist on own hip. M start L, W start R.
A 1 - 6	12 push steps moving sdwd. (M to his L, W to her R)
7 - 8	M-point R toe in place, kick R foot to sd., 3 stamps in place (R,L,R) W-point L toe in place, kick L foot to sd., 3 stamps in place (L,R,L)
	R hand on partner's waist, L hand over head.
B 9-16	8 polka steps turning CW with partner; bring L hand across toward R sd. and behind partner's back on first meas. palm down, bring L hand out to L sd. and extend dwnwd. palm up on second meas. Repeat arm movement thruout.
	Keeping same position with partner, L arm extended dwnwd. palm up.
C 17-24	Turn CCW with partner stepping bckwd. on R, close L to R and repeat Lean away from partner and turn as many times as possible.
	Center dances return to circle, circle breaks between any couple and that gap widens to form a semi-circle with hands joined, end dancers outside fist on own hip.
1 - 4	Lead couple steps into center and bow to each other.
5 - 10	Lead M now goes to end W, lead W to end M and bow to them. Place R hand on that dancer's waist, who places R hand on lead dancer's waist. L hand over head.
1 - 4	Turn CW with that dancer 2 polkas, reverse position turn CCW 2 polkas.
5 - 8	Lead couple now return to meet in center and turn together (2 polkas R&L)
1 - 4	Lead couple goes to next person in line and turn as before (M turns with M, W turns with W)
5 - 8	Lead couple returns to center and turn together as before.
1 - 8	Lead couple goes to next in line and return to center as before.
1 - 8	" " " " " " " " " " " " " "
1 - 8	" " " " " " " " " " " " " "
1 - 4	" " " " " " " "
5 - 8	Lead couple returns to meet in center and all couples (including leads) put R hand on partners' waists and buzz turn in place.
	(After dancers turn with center couple they return to place and execute polka steps in place keeping up with the increasing tempo of the music. M's arms folded on chest, W's fists on hips.)
NOTE:	Couples that dance in the center may invent steps at pleasure (except Lead couple). Center dancers must return to the circle after 24 meas.

---presented by Grace Perryman