

PLETYONKA

(The Braid ) - Russian Mixer

SOURCE: Folk Dances of Different Nations - Chalif  
MUSIC: Can be danced to any regular phrased Russian polka.  
FORMATION: Double circle, ptrs facing each other, W's backs to ctr.

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PATTERN

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Meas

FIGURE I: Hands on own hips, elbows turned well fwd.

- 1 Ct 1 Hop on R & place L ft to side, heel turned up & toe turned in, turning body R looking over L sho at ptr,  
Ct 2 Hop on R, swing L leg diag fwd, toe turned out & facing ptr.  
2 Repeat Meas 1 starting 'Hop L'.  
3-4 Repeat Meas 1-2.  
5-8 Hook R elbows with ptr & turn CW with ptr with 8 walking steps, turning 1 1/2 times to finish in a single circle, W facing out & M facing in & each hook L elbow with neighbor to L (when turning with ptr keep head turned over R sho look at ptr.

FIGURE II: Circle of cpls interlocked, all looking over L sho at neighbor (represents the 'braid').

- 1-6 Travel CW in the circle with 6 small polka steps (turn body sl so that all toes are pointing in LOD; do not attempt to polka sdwd).  
7-8 Release R elbow & keeping L elbow hooked walk 4 steps turning CCW with neighbor (who is new ptr) to finish to orig pos.

REPEAT ENTIRE DANCE from beginning with new ptr, & etc.

Presented by Grace Nicholes

Idyllwild - 1971