

Polno vam, snezhochki – Полно вам, снежочки

(Russia)

The title of this dance comes from the first line of the accompanying song and translates as “Enough of you, snowflakes.” The song is a traditional marching or battle song of the Cossacks of southern Russia. In the traditional folk song repertoire of the Cossacks, many battle or marching songs can be found that are sung prior to war engagements. Their function is to prepare the men for the battle and to promote motivation and group cohesion. Also, in the Cossack folk dance repertoire examples can be found of men’s dances with a similar function, often comprising movements related to battle activities. This is an example of such a dance. It is a so-called *pered boynaya plyaska*, literally “prior-to-the-battle dance.”

The dance is choreographed by Hennie Konings based on traditional Cossack dance figures and elements from the Russian folk dance school. It is first presented at Stockton Folk Dance Camp in 2010.

Pronunciation: POHL-nah vahm snyeh-ZHOHCH-kee

Music: 2/4 meter *Russian and Ukrainian Songs and Dances* presented by Hennie Konings and Ensemble Ozorniye Naigrishi, Syncoop 5770 CD 304, Band 13

Formation: Circle of M only, organized in pairs (M1 and M2). No hands held.

Steps & Styling: Much of this dance is done with slightly bent knees (*plié*) and a straight upper body, making the dance look firm, manly, proud, and earthy. Russian dancers often emphasize the last step in a series of eight with heavier step.

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
1-4	<u>INTRODUCTION</u> No action	
	I. <u>CHORUS</u>	
1-4	Seven steps fwd to ctr, starting R (cts 1-7); stamp with L slightly fwd without wt (ct 8). Both arms (with fingers of the hands closed) swing from R to L, such that on each step R the pos of the R arm is horizontally stretched to the R side, while the L arm, bent at a right angle in the elbow, is horizontally in front of the chest; on each step L the arms have opp pos (to the L). When swinging from one end-point to the other the arms follow a slightly lowered, curved path in the vertical plane in front.	
5-8	Repeat meas with opp ftwk and dir (cts 1-8). Variation: Hold arms straight out to sides and step bwd turning the trailing ft out to side (“twizzle”).	
	II. <u>PAUSE FIGURE</u>	
1	L fist on the back, R arm held high with hand in a fist facing fwd. Step R sdwd in LOD (ct 1); step L next to R (ct 2); tap R heel in front (ct &).	
2-7	Repeat meas 1 six more times (seven times total).	
8	Step R sdwd (ct 1); stamp L next to R without wt (ct 2).	

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9 Open arms to side. Step L (with slightly bent knee) sdwd in RLOD while R heel remains on the floor, toes lifted, R leg turned out (ct 1); step R next to L closing ft with slight accent (ct 2).

10-16 Repeat meas 9 seven more times (eight times total).

III. SOLO VARIATION I - MARCH

1 Step R-L fwd to ctr while arms open to the side (cts 1-2).

2 Keep arms open. Step R fwd while lifting L ft sharply behind (ct 1); brush-stamp with L heel moving the leg fwd from behind ending stretched in front with ft above floor, leg slightly turned out (ct 2). Upper body slightly turned to the L.

3 Fall onto L in place lifting R knee in front (ct 1); stamp R in front quickly taking and releasing wt (ct &); hop on L lifting R knee in front (and moving it bkwd) (ct 2); stamp R toe behind, quickly taking and releasing wt (ct &). L arm moves from the side to in front, bent at a right angle in the elbow. Upper body turns slightly to the R.

4 Fall onto L lifting R knee slightly in front (ct 1); stamp (taking wt) with R slightly fwd (ct &); repeat cts 1,& (cts 2,&).

5 Repeat meas 4 cts 1,& two more times (cts 1,&,2,&).

6 Repeat meas 4 cts 1,& one more time (cts 1,&); stamp-close (with wt) with L next to R (ct 2).

Move farther fwd to ctr during meas 4-6, turning half L in place at the end of meas 6. The arms make a large, open and high curve from their initial pos to the R ending lowered to the sides. The upper body, initially turned to the R, turns to a central pos again.

7 Turning half to L to end facing out, fall onto L in place, lifting L shldr a little bit and lowering R shldr (ct 1); step R next to L (ct &); repeat cts 1,& with opp shldrs (cts 2,&).

8 Repeat meas 7 cts 1,& (cts 1,&); step-close L next to R, shldrs straight (ct 2).

9-16 Repeat meas 1-8 with the same ftwk but moving outward from the ctr to end in orig place in the circle.

IV. SOLO VARIATION II - ASSAULT

1 Step on R heel (stretched leg) fwd to the ctr (ct 1); step L next to R (ct &); stamp-fall onto R fwd with bent knee (ct 2). Arms swing to the pos at the R side as described in Fig I, meas 1.

2 Repeat meas 1 with opp ftwk and arms (cts 1,&,2).

3 Repeat meas 1.

- 4 Fall onto L in place with bent knee while kicking R leg, stretched, sharply fwd and holding it with ft above floor, leg slightly turned out with L hand on back, upper body turned to the R, R arm stretched extending to the R side (ct 1); step R next to L (ct 2).
- 5-6 Repeat meas 4 two more times (three times total).
- 7-8 Repeat ftwk of Fig III, meas 7-8 while turning half L about to face outward.
- 9-16 Repeat meas 1-8 with the same ftwk but moving outward from the ctr to end in orig place in the circle.

V. SOLO VARIATION III – WOUNDED LEG

- 1 Step R, bent knee, fwd to ctr, leaving L ft behind with toe pointing to the floor (ct 1); hop-slide on R fwd (ct 2).
- 2 Repeat meas 1, ct 2 two more times (three times total) (ct 1-2).
During meas 1-2 the L leg/ft is dragging along in a slight curve of the upper body to the R side. R arm is opened to the R side, L hand is placed on the back of the neck.
- 3-4 Repeat meas 1-2 with opp ftwk and arms moving further fwd to ctr, upper body turns slightly to the L.
- 5-6 Repeat meas 1-2.
- 7-8 Repeat Fig IV, meas 7-8.
- 9-16 Repeat meas 1-8 with the same ftwk but moving outward from the ctr to end in orig place in the circle.

Sequence:

Introduction (no action)

M1 & M2 : Fig I

M1: Fig II; M2 : Fig III, IV or V (make your own choice)

M1 & M2 : Fig I

M2: Fig II; M1, Fig III, IV or V (make your own choice)

Etc.

Presented by Radboud Koop

Polno vam, snezhochki — continued

Lyrics

Transliteration:

Polno vam, snezhochki
 Na taloy zemle lezhat'
 Polno vam, kazachen'ki
 Gore gorevat'
 Ostavim tosku-pechal'
 Vo tyomnom vo lesu
 Budem privikat mi
 K turechkiy storone
 Kazaki-kazachen'ki
 Ne boytes nichego
 Est u nas, kazachen'ki
 Krupa i muka
 Kashitsi navarim, myagkikh
 Khlebov napechom
 Slozhimsha po denezhke
 Poshlyom za vintsom
 Vip'em mi po ryumochke
 Pozavtrekayem
 Vip'em po drugoy
 Razgovori zavedyom
 Vip'em mi po tret'ey
 Otsa s matr'yu vspomyanyom
 Vip'em po chetvyortoy
 S gorya pesnyu zapoyom
 Mi poyom, poyom
 Pro kazach'e zhit'yo
 Kazach'e zhit'yo
 Pravo, luchshe vsego

Translation:

Enough of you, snowflakes
 That lie on the thawed earth
 Enough of you, Cossacks
 Of the suffering
 Allow us our longing, grief
 In the dark woods
 We shall get used to
 The Turkish land
 Cossacks
 Don't be afraid
 We Cossacks have
 Groats and flour
 We will cook tender porridge
 Bake bread
 We will collect money
 And send someone to get wine
 Drink a glass
 Have breakfast
 Drink a second glass
 And have conversations
 Drink a third glass
 Think about Dad and Mom
 Drink a fourth glass
 Sing a song with sorrow
 We shall sing, sing
 About Cossack life
 Cossack life
 Truly, it is the best of all

Lyrics (Russian):

Полно вам, снежочки,
 на талой земле лежать
 Полно вам, казаченьки,
 горе горевать
 Оставим тоску-печаль
 во тёмном во лесу
 Будем привыкать мы
 к турецкий стороне
 Казаки-казаченьки,
 не бойтесь ничего
 Есть у нас, казаченьки,
 крупа и мука
 Кашицы наварим, мягких
 хлебов напечём
 Сложимся по денежке,
 пошлём за винцом
 Выпьем мы по рюмочке, -
 позавтрекаем
 Выпьем по другой, -
 разговоры заведём
 Выпьем мы по третьей, -
 отца с матерью вспомнём
 Выпьем по четвёртой, -
 с горя песню запоём
 Мы поём, поём
 про казачье житьё
 Казачье житьё,
 право, лучше всего