

Resheto – Решето

(Western Ukraine)

This dance is from the Hutsul region of Ukraine and is a typical folk style dance. The dance was choreographed by George and Irina Arabagi. The title “Reshet” means “sieve.”

Pronunciation: reh-sheh-TOH

Music: 4/4 meter *Ukrainian Dance Workshop, Track 8*

Formation: Cpls face CCW in a circle, free arms at sides. M and W do same footwork.

Steps & Styling: Walking Fours: Step R (ct 1); L (ct 2); R (ct 3); step L with L knee bend, raising R knee at 45 degrees R ft next to L leg (ct 4).

Meas 4/4 meter Pattern

8 meas INTRODUCTION. No action.

I. WALKING FOURS

1-3 Dance three Walking Fours moving CCW.

4 Do one Walking Four turning individually 180 degrees. M turns CW facing his partner; W turns CCW facing her partner.

5-8 Repeat meas 1-4 moving CW.

II. SIDE-STEPS AND TURN-AROUND

1 Individually, step R to R turning to face ctr, W behind M (ct 1); step L next to R (ct 2); step R to R (ct 3); touch L next to R, bending knees and turning to face out, M behind W (ct 4). M and W hold inside hands.

2 Facing out, step L to L (ct 1); step R next to L (ct 2); step L to L (ct 3); touch R next to L bending knees and turning individually to face ctr (ct 4).

3-4 M and W release hands. Do two Walking Fours, making a full turn CW.

5-6 Repeat meas 1-2.

7-8 M and W release hands. Two Walking Fours, making 1¼ turn CW to face LOD.

III. SIDE STAMPS

1 Facing CCW and moving away from ctr, heavy step R to R (ct 1); drag L toe next to R, bending knees (ct 2); repeat cts 1-2 (cts 3-4).

2 Heavy step R to R (ct 1); step L next to R (ct 1); heavy step R to R (ct 3); stamp L in front of R (ct 4), head moving to R.

3-4 Repeat meas 1-2 with opp ftwk and direction.

5-8 Repeat meas 1-4.

IV. WOMAN'S TURNS

- 1-3 M's L arm extending fwd and supporting W's L arm and M's R arm raised above W's head and holding W's R arm, do three Walking Fours, moving CCW.
- 4 One Walking Four. W turns a complete circle CW with R hand still raised holding the M's R hand, W's L hand moves to hip, continues to move fwd CCW.
- 5-8 Repeat meas 1-4. End facing CCW with inside hands joined and down.

Sequence: Fig I, Fig II, Fig III, Fig IV – twice.

Presented by George & Irina Arabagi