

SHEENA
(Russian)

A Russian quadrille introduced by Vyts Beliajus. It originated in the Arkhanglesk region of Northern Russia, around the White Sea and near Finland.

MUSIC: RECORD: Folkraft F1107 B "Sheena."

FORMATION: Eight couples in regular square formation*, two couples on each side of the square. Numbering from one to four CCW around the set, the *two couples* with their backs to the music are "number one," or head couples. M keeps free hand on hip; W holds skirt. Partners have R joined.

STEPS: Walk*, pivot*

NOTE: There are 2 steps per meas. throughout the dance. In every figure M begins L, W R.

MUSIC 2/4	PATTERN
Measures	
Intro. 2 meas.	<i>Introduction</i> Partners face each other, bodies erect.
1-16	I. <i>Grand Right and Left</i> All do a grand R and L, elbows bent and hands held high. Finish with own partner in original position (facing opp. couple).
1-4	II. <i>Grebienkoy (Comb Through) and Pivot</i> Head couples (couples 1 and couples 3) join R with partner. Walk fwd. 4 steps (twd. opp. couples) and bwd. (to place) 4 steps.
5-6	Same 4 couples (1 & 3) walk fwd. 4 steps. Release partner's hand to pass opp. person by R shoulder, and while passing shout "Grebienkoy" (grab-yen-koy).
7	Partners again join R and advance to opp. position with 2 steps.
8	With 2 steps (hands still joined) couples turn CW to face original (home) position.
9-10	The 4 head W (of couples 1 & 3) move fwd. (twd. opp. M) with 4 steps, leaving room between each other.
11-12	With 4 steps the head M move fwd. and step in front of their own partners (W are standing still).
13-16	Assume closed position* and with 8 steps all 4 head couples pivot to own original position. During this action the side couples remain in place.
1-2	III. <i>The Arches</i> Couples 1 and W of couples 3 are active. All other dancers remain in place. M of couples 1 place their R arms around partner's waist; W of couples 1 place L hands on partner's inside shoulder. Stand with inside shoulders adjacent and join free hands holding them low (arms extended downward).
3-4	Couples 1 walk fwd. 4 steps (twd. opp.).
5-6	Walk bwd. to place 4 steps.
7-8	Walk fwd. 4 steps.
9-10	Release partner; join inside hands (M R, W L) and with 4 steps make 1 turn CCW (M steps bwd. in place while W moves fwd. with long strides), stretching out to finish in arch formation facing opp. (No. 3) W. Simultaneously W of couples 3 move fwd. with 4 steps to finish facing arches of opp. couples.
11-12	With 4 steps W of couples 3 go under the arch formed by own opp. (No. 1) couple, turn away from the center of the set and walk around to meet in front of the 2 couples who were the arches. Both W join inside hands (as they face the No. 1 couples) to form an arch. Simultaneously each W of the No. 1 couples turns CCW under her own arch (following the No. 3 W) with 2 steps; then No. 1 M turn CW under their own arches with 2 steps.
	With 4 steps both M (of couples 1) lead their partners under the arch formed by W (of couples 3) and turn CW to face home position making an arch.

SHEENA (Continued)

MUSIC 2/4	PATTERN
Measures	
13-14	With 4 steps W (of couples 3) turn and go under the arches to home position, while couples 1 walk fwd. twd. their home position.
15-16	Assume closed position and with 4 steps couples 1 pivot to home position, while couples 3 pivot in place.
1-16 (repeated)	Repeat action of Fig. III, meas. 1-16, with couples 3 leading. During all of Fig. III side couples remain inactive.
	<i>IV. Single Stars</i>
1-8	All 8 M advance to center, form a R hand star (hands held high) and walk once around (CW) with 16 steps. Finish in original position.
9-16	All 8 W star R once around (CW) and back to place with 16 steps. All inactive dancers remain in place.
	<i>V. Repetition of Fig. II</i>
1-16	Couples 2 and couples 4 perform action of Fig. II, meas. 1-16. Couples 1 and couples 3 remain inactive.
	<i>VI. Repetition of Fig. III</i>
1-16	Couples 2 and couples 4 perform action of Fig. III, meas. 1-16 and meas. 1-16 repeated. Couples 1 and 3 remain inactive.
1-16	
(repeated)	
	<i>VII. Grand Star</i>
1-2	Join R with partner and walk to center with 4 steps.
3-16	M form a L hand star and all walk CCW.
1-16	Turn to face CW (M backing around) and release R hands. W form a R hand star, placing L in crook of partner's elbow (M hands are on hips) and walk CW with 32 steps. Finish in home position.
(repeated)	
	<i>VIII. Obkhod Po Krugu (The Walk in the Circle)</i>
	All face CCW. M remain on inside of circle with W on their R.
1-2	Assuming dance position as in Fig. III, all M swing their partners CCW (M moving bwd., W fwd.) with 4 walking steps. M finish on inside of circle.
3-4	M walk fwd. (CCW) to next W with 4 steps. (W step in place.)
5-16	Repeat action of Fig. VIII, meas. 1-4 three more times.
1-16	Repeat action of Fig. VIII, meas. 1-16. M bow, W curtsy to partner.
(repeated)	