

SHEENA  
(Russian)

A Russian quadrille introduced by Vyts Beliajus, and as taught by him at the 1953 Folk Dance Camp, Stockton, California. It originated in the Arkhanglesk region of Northern Russia, around the White Sea and near Finland.

MUSIC: Record - Folkraft F-1107 B  
Piano -

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 "one", or head couples. M keeps free hand on hip; W holds skirt.

STEPS: Walk, pivot.

NOTE: There are 2 steps per meas. throughout the dance.

Music 2/4

PATTERN

Measures

Intro.  
2 meas

INTRODUCTION

Partners face each other, bodies erect.

I. GRAND RIGHT AND LEFT

1-16

All do a grand right and left, elbows bent and hands held high. Finish with own partner in original position (facing opp. couples).

II. GREBIENKOY (Comb through) and PIVOT

1-4

Head couples (couples 1 and couples 3) join R hands 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 hands and advance to opp. position.

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.

III. THE ARCHES

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.

1-2

Couples 1 walk fwd. 4 steps (twd. opp.)

3-4

Walk bwd. to place 4 steps.

5-6

Walk fwd. 4 steps.

*Continued...*

- 7-8 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.
- 9-10 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.
- 11-12 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.
- 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 Repeat action of Fig. III, Meas. 1-16, with couples 3 leading.
- (repeated)
- During all of Fig. III side couples remain inactive.

IV. SINGLE STARS

- 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.

V. REPETITION OF FIG. II.

- 1-16 Couples 2 and 4 (4 side couples) perform the action of Fig. II, meas. 1-16. Couples 1 and couples 3 remain inactive.

VI. REPETITION OF FIG. III.

- 1-16 Couples 2 and couples 4 perform action of Fig. III, meas. 1-16
- 1-16 and meas. 1-16 repeated. Couples 1 and 3 remain inactive.
- (repeated)

VII. GRAND STAR

- 1-2 Join R hands 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)

VIII. OBKHOD PO KRUGU (The Walk in Circle)

- All face CCW. M remain on inside of circle with W on their R.
- 1-2 A 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 mark time 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)