

STRADANYA WALTZ

Russian

The waltz is a basic type of dance common to most countries and Russia is no exception. This waltz pattern was choreographed by John Hancock in the spring of 1974. This waltz is a combination of smooth, romantic movements and lively fast parts. The word STRADANYA means "longing".

Music: Bruno 50075 Side B, Band 2

Formation: Couples anywhere on the floor, with the women on the Right hand side of the man with inside hands joined (down). Outside hands are down at side - man's free, woman's holding skirt lightly.

Steps: Walk, waltz and step hop. Man always starts pattern with Left foot - women starts Right.

Tempo: 3/4 Waltz PATTERN

Meas. SLOW PART

- 1-8 Strolling with 8 walking steps in line of direction. Movement is free and almost shy.
- 9-16 Continuing in line of direction with 8 "step touch" steps. Step slightly away from your partner (man's Left, woman's Right) and touch other foot to side (about 12"), Reverse action (man's Right woman's Left ) to face each other. Arms will swing back and forward with each step.
- 17-24 Continue forward with 8 waltz steps and turn woman four times with 8 waltz steps. Woman turns clockwise under joined hands using 2 waltz steps for each turn.
- 25-32 Waltz turn (clockwise) in ballroom position with 8 waltz steps.
- 33-40 Still turning (clockwise) in ballroom position do 8 step touch turns. As you step bend the knee (man's Left, Woman's Right) for Ct. 1, on Ct. 2 straighten knee and touch other foot to side (about 18") with leg straight, hold Ct. 3. Reverse action as you continue to turn clockwise.
- 1-40 Repeat slow part again - finish side by side with inside hands joined.

FAST PART

- 1-4 Balance away and together and turn woman with 2 waltz steps.
- 5-8 Repeat Meas. 1-4.
- 9-16 Waltz turn (clockwise) in ballroom position with 8 waltz steps.
- 17-32 Still turning (clockwise) in ballroom position, do 16 step hop turns. Use 2 step hops for each turn by placing feet about 18" apart, starting with man's Left and woman's Right.

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Meas.            PROMENADE

1-4            In promenade position move forward in line of direction with  
4 walking steps.

5-8            Remaining in promenade position turn so back is to line of  
direction and move backwards with 4 walking steps.

9-16           Repeat Meas. 1-8 going in the other direction.

17-22          Turn in place (clockwise with 6 walking steps. Join both hands  
(man's Right and woman's Left, man's Left and woman's Right)  
across chest with elbows extended. Right hips adjacent.

23-24          Release man's Right hand and turn woman clockwise under other  
joined hands.

25-32          Repeat Meas. 17-24 except turn counterclockwise with Left hips  
adjacent and turning woman counterclockwise under man's Right hand.

1-32           Repeat fast part Meas. 1-32

1-32           Repeat slow part Meas. 1-32

33-36          Continue with 4 more waltz steps

37-38          Turn woman clockwise under man's Left hand and bow with 4 walking steps.  
Man will step back on his Right foot - woman back on her Left foot.

Presented by John Hancock  
Idylwild Weekend 1974