

TREPAK
(Central Russia)

Trepak is a typical central Russian dance performed by the Piatnitsky Song and Dance Ensemble of Russia. The history of the Ensemble may be found on the back of the record album cover. This simplified arrangement was done by Anatol Joukowsky.

Music: Record: Bruno BR 50158 Side A, Band 1 Molodiozhnaya Pliaska 4/4 meter

Formation: Inner circle of M facing an outer circle of W. No ptrs needed so the number in the two circles need not be even but one circle should not be too much larger than the other.

Steps and Styling:

Flat Buzz: 4 to a meas. Step flat on R ft, bending knee a little (ct 1) Step flat on L ft next to R, knee straight (ct &). Repeat action for cts 2, 3, 4. Step is done in place and has the feel of a buzz step because of the slight up-down motion produced by the knee action. W only do this step. On cts 1 & 3 slightly raise R shoulder. On cts 2 & 4 slightly raise L shoulder. Do not deliberately swing hips.

Triplet Ending: Many patterns end in 3 light stamps always R, L, R. (no wt). Since the timing varies it will be given each time.

Meas. Pattern

2 meas Introduction

W place back of hands on hips. M hook thumbs in belt about 6 to 8 inches apart. Unless otherwise stated this is the hand pos used throughout the dance.

Fig I Walk with Heel Touch

- 1 Both move to R (M RLOD, W LOD). Walk R, L, R (cts 1-3). Touch L heel fwd, knee straight and toe turned out (ct 4). Body turns twd touching heel.
- 2 Continuing in same direction, repeat action of meas 1, beg L ft.
- 3-8 Repeat action of meas 1-2 three more times.

Fig II Fwd & Back

- 1 All take 1/4 turn to L to face opp circle. Circles move twd each other. Step R (ct 1). Stamp I. next to R (ct 2). Step L (ct 3). Step R next to L (ct 4).
- 2-3 Repeat action of meas 1 (Fig II) two more times.
- 4 Triplet Ending (cts 1, 2, 3). Hold ct 4.
- 5-8 Repeat action of meas 1-4 (Fig II) but back away from opp circle to orig place. Circles are still facing.

Fig III M Stamps, Heel Slaps, W Flat Buzz

- 1 M stamp R, L, R (cts 1,2,3). Hold ct 4. W stand still and watch M.
- 2 W turn CW once in place stepping R, L, R (cts 1,2,3). Step I. beside R (no wt) (ct 4). M watch W.

continued...

- 3-4 Repeat action of meas 1-2 (Fig III) except that W turn CCW once in place beg L ft.
- 5-8 M: Meas 5: Step R in place (ct 1). Bending L knee, raise lower L leg so as to slap outside of L ft with L hand (ct &). Step on L and slap R ft with R hand (cts 2, &). Repeat action for cts 3, &, 4, &.
- Meas 6: Repeat action of meas 5, cts 1, &, 2, &. Triplet Ending (cts 3, &, 4). Actually 6 heel slaps and Triplet Ending.
- Meas 7-8: Repeat action of meas 5-6 (Fig III).
- W: Meas 5-8: Dance 14 Flat Buzz steps and do Triplet Ending same as M.

Fig IV M step-close, W Zig-zag

- 1 M circle still facing W circle. R thumb still in belt, L arm extended about chest height twd W, palm up. M move to R side (RLOD). Step R to R side, toe pointed in RLOD (ct 1). Close L instep to R heel (3rd pos) (ct 2). Repeat action for cts 3-4.
- 2-8 M repeat action of meas 1 (Fig IV) seven times (16 step-close in all).
- W: Meas 1: Moving diag R fwd to M circle, walk R, L, R, L (cts 1-4). Handsmove fwd twd M ending with palms up, hands about waist height.
- Meas 2: Moving fwd diag R away from M circle, walk 4 more steps beg R. Retrace path of hands to return them to hips, palms out.
- Meas 3-8: Repeat action of meas 1-2 (Fig IV) three more times. Actually, a zig-zag pattern in and out 4 times.

Fig V

- 1-8 Repeat action of Fig III (M Stamps, Heel Slaps, W Flat Buzz).

Fig VI

- 1-8 Repeat action of Fig I (Walk with Heel Touch)

Fig VII

- 1-4 Repeat action of Fig II (Fwd & Back) but "double time" it. Step R (ct 1). Stamp L next to R (ct &), etc. Move fwd twd other circle for 2 meas and bkwd to place for 2 meas. Triplet Ending on meas 2 and 4, cts 3, &, 4.

Fig VIII Walk, Walk, Step in Place

- 1 M circle RLOD. W circle LOD. Walk fwd R, L (cts 1, 2). Step fwd small step on R (ct 3). Step L next to R (ct &). Step R next to L (no wt) (ct 4).
- 2-7 Repeat action of meas 1 (Fig VIII) six times (7 in all). Step does not alternate.
- 8 Step R (ct 1). Stamp L next to R (no wt) (ct &). Step L (ct 2). Stamp R next to L (no wt) (ct &). Hold (ct 3). Beg with small leap, stamp R (ct &), stamp L (ct 4).

Continued...

Fig IX

1-8 Repeat action of Fig I. (Walk with Heel Touch).

Fig X Stamps and CW Turn

1-2 Making a sharp 1/4 turn to L, stamp R (ct 1). R shoulder now points to opp circle. Hold (cts 2,3,4). Stamp L (ct &). Repeat action for meas 2 (no 1/4 turn necessary).

3 Stamp R (ct 1). No action for rest of meas.

4 Turn CW in place once with 4 steps beg R (cts 1,2,3,4). End with R shoulder twd opp circle.

5-8 Repeat action of meas 1-4 (Fig X) but omit unnecessary 1/4 turn L.

Fig XI

1-8 Repeat action of Fig VIII (Walk, Walk, Step in Place).

Fig XII

1-8 Repeat action of Fig IV (M Step-close, W Zig-zag).

Fig XIII Walk with Heel Brush

1-8 Repeat action of Fig I but brush the ft fwd instead of putting heel on the floor. M retain hand pos of Fig XIII (R thumb in belt, L extended diag fwd). W join hands in a circle at the start of this fig.

Fig XIV

Repeat action of Fig III (M stamps, Heel Slaps, W Flat Buzz).

Fig XV Form One Circle

1-8 W join hands in a circle. M keep R thumb in belt and extend L hand as before. All repeat action of Fig XIII (Walk with Heel Brush). On meas 1, M make 1/4 turn L to face LOD. On meas 2-6, M widen circle so as to be next to W circle. On meas 7-8, M join into W circle (circle widens to accept them).

Fig XVI Finale

1-12 Step is same as Fig XIII (Walk with Heel Brush) but twice as fast. Walk R, L, R (ctw 1, &, 2). Brush L heel fwd (ct &). Repeat action (cts 3,&, 4,&) but beg L and brush R fwd. Continue circling in LOD until end of music (24 in all, but omit very last brush).

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Notes by Ruth Ruling