

## TROIKA

**POSITION:** Sets of three facing counter clockwise. Preferably a man with a lady on either side. All join hands at shoulder height.

### MEASURE

- A-1 Starting with the right foot, take four running steps forward diagonally towards the right.
- A-2 In the same pattern as Measure 1, take four running steps forward diagonally towards the left.
- 3-4 Continue with eight more running steps but this time forward in line of direction, counter clockwise.
- B 5-6 Retain joined hands. The right hand lady runs in front of man and through the arch formed by the man and left hand lady. The man follows the right hand lady, unwinding and all get back to original place. The left hand lady runs in place during this movement.
- 7-8 Repeat Measure 5-6. This time the left hand lady runs in front of man and through the arch formed by the man and right hand lady. Man follows left hand lady, unwinds and all get back to original place. The right hand lady runs in place during this movement.
- C 9-12 Hands joined in set of "Threes". Circle left with twelve running steps. On Measure 12, finish up with three stamps in place.
- 13-16 Retain joined hands of three. Circle right with twelve running steps and finish up with three stamps. (Measure 16) in line of direction facing counter clockwise, to start the dance from the beginning.
- NOTE:** As a progressive dance, instead of man taking three stamps (Measure 16), he runs forward in three running steps and forms a line with the two ladies of the set ahead. The right and left hand lady of all sets run in place waiting for the new man to join them. Hold inside hands and start dance from beginning.