

Ya Po Travushke Shla

(Russia)

This dance from the Voronezh region of south-west Russia, comes from the field work expedition of the students of E. Rudneva (Gnesinski Institute in Moscow). The title of the dance song translates as "I walked on the grass."

Pronunciation: YAH poh trah-VOOSH-keh SHLAH

Cassette: Russian Dances - Hennie Konings CD 2 2/4 meter

Formation: Circle of cpls facing in LOD with W to R of ptr. Inside hands joined in W-pos; M L hand behind back at waist level; W R hand on hip.

Steps: Walk (one step to a ct): When walking fwd, contact heel on floor first and then whole ft. Ftwk same for M and W unless otherwise noted.

Meas Pattern

8 meas INTRODUCTION. Begin with vocal.

FIGURE I

1-4 Beg R, walk 8 steps in LOD. At end, turn to face ptr, M back to ctr.

5-8 M: Facing W, do a stamping pattern, arms out to sides:

meas 5: Step on R heel (ct 1); step on L near R heel (ct &); step on R ft (ct 2).

meas 6: Repeat with opp ftwk.

meas 7: Brush R ft fwd (ct 1); hop on L (ct &); stamp R (no wt)(ct 2); step on R (ct &).

meas 8: Brush L ft fwd (ct 1); hop on R (ct &); step on L (ct 2); stamp R (no wt)(ct &).

W: Make one CW circle with a stamping pattern, arms down at sides:

meas 5: Small stamping step fwd on R, heel followed by flat ft (ct 1); step on L near R (ct &); repeat cts 1,& (cts 2,&).

meas 6-8: Repeat meas 5 three times.

FIGURE II

1-3 Facing ptr, join both hands (R in L) at about chest height. Beg R, walk 6 steps twd ctr (M back up).

4 Change places with ptr walking R,L (circle 1/2 CW). Joined hands stretched out to sides on turn.

5-7 With joined hands again at chest height, beg R, walk 6 steps away from ctr (M back up).

8 Stepping R,L release MR and WL hands and turn to face LOD. Resume hand pos of Fig I, but W is now to L of ptr.

Dance is repeated from new positions. During Fig 1, meas 5-8, W dance in place using ftwk originally described for M, hands on hips; M circle once CW with ftwk originally described for W, arms up at head height, elbows bent.

Dance Sequence: Fig I and Fig II are danced five times in all, plus one more Fig I.

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Description by Ruth Ruling and Joyce Lissant Uggla