

Kak Pri Balkye

Russia

This is a traditional dance form the Orenburg region of southeast Russia. The dance shows the influence of the Ural Cossacks who live in the region. Research for the dance was done by Hennie Konings who introduced it in Germany 1993. Hennie presented the dance at the 1995 Stockton Folk Dance Camp.

TRANSLATION: How by the gully

PRONUNCIATION: KAHK pree BAHK-kyeh

MUSIC: Tape: Russian Dances, Stockton 1994, side B/7

FORMATION: Mixed M and W in a circle, facing R of ctr with hands joined in V-pos.

STEPS: Step-scuff (2 step-scuffs to 1 meas): Low step fwd on R slight (ct 1); scuff L heel fwd)ct &); repeat with opp ftwk (cts 2-&).

METER: 2/4

PATTERN

Meas.

INTRODUCTION: 4 meas, beg with vocal

FIG. I: MOVE IN LOD (CCW)

1-4 Beg R, do 8 scuff-steps fwd in LOD (2 steps per meas).

Note: Fig. I may be danced with other stamping patterns:

Syncopated Stamp Variations (1 per meas): Small leap fwd on R (ct ah); stamp L,R,L fwd with wt (cts 1-&-2); option - scuff R heel fwd (ct &). Small steps.

Hennie suggested the dancers be encouraged to dance a variety of patterns. In class, the W did the syncopated stamps while the M did the step-scuffs. When repeating dance again, M and W alternated steps patterns.

Another suggested pattern: Do 2 scuff-steps patterns (4 step-scuffs = 2 meas), then 2 stamp variation (2 meas).

Because all of these patterns are compatible, any pattern may be danced by any dancer at any time.

FIG. II: INDIVIDUAL CW CIRCLES

1-4 Releasing hands - beg R, individually walk 8 steps (no stamp) to own R (CW) circling twd outside of circle. Follow your R shldr with R arm rounded in front of body while L arm trails behind body. Arms are down and slightly away from body.

FIG. III: MOVING IN & OUT OF CIRCLE

- 1-2 Rejoin hands - beg R, walk 3 steps twd ctr (cts 1-2; 1); drop fwd on L with bent knee as R lifts bkwd (ct 2). Arms gradually raise fwd to shldr ht (elbows straight).
- 3 Walk R,L bkwd - lower hands.
- 4 Releasing hands - walk R,L, turning 1-1/4 to R (CW), ending in original place in circle. End by rejoining hands and reforming large circle.

SEQUENCE

Repeat dance from beg to end of music. Finish by bowing twd ctr, from hips.

Printed in Let's Dance, April 1995

R&S'd from observation, errata, and video by Dorothy Daw and Lu Sham, 9-03

Presented by Lu Sham
 Camp Hess Kramer Institute
 October 17-19, 2003