

Nochka

(Russia)

Nochka, a progressive couple dance, was collected during a field expedition in a village in the Smolensk region by the ethno-musicologist Alexei Shilin, who is a famous specialist in the field of traditional dances. The dance was presented at the Easter Dance Camp in Russia, 1993. Nochka literally translates as "little night."

Pronunciation: NOHCH-ka

Cassette: Konings – Stockton 1996 2/4 meter

Formation: Circle of couples, W to R of M, facing in LOD. Inside hands are joined and held at shoulder level; outside arms are at sides with elbows slightly bent.

Meas

Pattern

4 meas INTRODUCTION. No action.

I. WALK IN LOD AND BACK

- 1-4 All beg R ft, walk 8 steps in LOD (CCW), 1 step to a ct. Free arm slightly bent, moves out or in on each step.
- 5-8 Turning twd ptr and changing hands, walk 8 steps in RLOD (CW). End in a double circle, ptrs facing, M back to ctr, ft together.

II. EXCHANGE PLACES

- 1-2 With fists on hips, stamp R ft fwd (no wt) pointing R elbow twd ptr (ct 1); lift ft and face ptr (ct 2). Repeat exactly (meas 2).
- 3 Walking fwd 2 steps (R, L) pass ptr by R shldr.
- 4 With 2 steps, turn 1/2 CCW to end facing ptr, having exchanged places.
- 5-7 Repeat meas 1-3.
- 8 Turn 1/4 CCW to end with L shldr twd ptr. Dancers are in 2 concentric circles: M on inside facing RLOD, W on outside facing LOD.

III. PROGRESSION

- 1 M: Step fwd on R heel in RLOD (ct 1); lower full ft onto floor (ct 2). Swing arms to R, elbow bent.
- 2 Repeat meas 1 with opp ftwk and arms.
- 3-4 Repeat meas 1-2.
- (1) W: Beg R, dance a two-step in LOD. Swing arms to R, L elbow bent.
- (2) Repeat meas 1 with opp ftwk and arms.
- (3-4) Repeat meas 1-2.
- 5-8 Pivoting 1/2 CCW, repeat meas 1-4. M move in LOD, W in RLOD. Stop one dancer before orig ptr so as to have a new ptr.
- Repeat dance with a new ptr each time until music ends.

Presented by Hennie Konings

Description by Ruth Ruling and Joyce Lissant Ugglá