

VO SADU
(Ukrainian)

Vo Sadu was introduced by Mary Ann Herrnan on her visit to California folk dance groups in 1946.

MUSIC: Record: Kismet 131-A "In the Orchard".

FORMATION: Circle of couples facing fwd. in CCW direction, W to R of M. W has L hand on hip and R hand free. M has R hand on hip and L hand free.

Note: Throughout the dance, whenever hands are placed on hips, the thumb is fwd., the palm is up, and the fingers of the hand slant downward on back of hip. Handkerchief in free hand.

STEPS: Russian polka*, lift step, push step, buzz step turn*.

Music (2/4)

PATTERN

Meas.
1-8

I. Russian Polka Forward

Starting L for M and R for W, take 8 Russian polka steps fwd. moving CCW in the large circle. Free arm is extended at about shoulder level, diagonally fwd. and away from partner. On first polka step the arm is moved outward, palms up, in a restrained gesture (meas. 1), and on the second polka step, the forearm is brought in toward the front of the body (meas. 2)

1

II. Lift-Step and Push

With L arm extended from shoulder at about head level, curved slightly upward and palm inward, M steps on L toe with L knee straight; at the same time R ft. with R knee straight, is lifted from floor at an easy angle (ct. 1). Bending both knees slightly, place R ft. flat on floor in back of L ft., shifting weight to R ft. to be ready for next step (ct. 2). W executes same step to her R using opposite hands and feet from M.

2

Repeat action of meas. 1.

3-4

Execute 4 push-steps moving scwd directly away from partner (M moves L toward center of circle; W moves R away from circle.) The movement is slow and restrained. Hands remain in same position as in meas. 1

5-8

Reversing hand positions, repeat 2 lift-steps and 4 push-steps returning to place. M starts R and W starts L.

III. Face to Face, Back to Back

1

Placing both hands on hips, M turns by swinging R ft. sharply bwd. so he is face to face with W (ct. 1) and completes this Fig. as a Russian polka step in this position: close L (ct. - and), step on R (ct. 2 and)

2

M turns so as to face outward by swinging L ft. bwd; partners are now back to back (ct. 1); he then finishes with Russian polka step in this position: close R (ct. and), step L (ct. 2 and).

3-8

Continue face to face and back to back for 6 more meas., progressing CW in the large circle. Action for W is similar except she starts by swinging L ft. sharply bwd. On completing this Fig. partners are back to back.

IV. Alternating Hands

1

M extends R arm fwd. and L arm bwd., stepping R, L, R (cts. 1 and 2). The arms are held at about waist level with palms up. Action for W is similar except she steps L, R, L and extends L arm fwd. and R arm bwd.

Cont

VO "SADU (cont)
(Ukrainian)
PATTERN

Music (2/4)

Meas. IV. Alternating Hands

- 2 With hands on hips and dancers facing fwd., M takes one Russian polka step fwd, L, R, L, and W takes one Russian polka step fwd. R, L, R.
- 3 M extends L arm fwd. and R arm bwd. stepping R, L, R. W extends R arm fwd. and L arm bwd, stepping L, R, L.
- 4 Repeat action of meas. 2.
- 5-8 Repeat action of meas. 1-4.

V. Turn with Partner

Partners take position for a turn or swing as follows: With R hips adjacent, R hands are placed on partner's L hip, and L hands are free for action to be described.

- 1-4 Partners turn in place with four Russian polka steps. On meas. 1, L forearm swings inward toward front of the body. On meas. 2, L forearm swings outward, so that arm is almost fully extended at shoulder height, with palm up. On meas. 3 the L arm swings in, and on meas. 4 outward, as in meas. 1 and 2.
- 5-8 Extend L hand bwd toward fl or, arm straight, palm down; lean away from partner and execute buzz-step-turn bwd. (step on R ft. and push fwd. with L ft.) with 3 buzz steps.

VI. Same as Fig V.

- 1-8 Repeat action of Fig. V.

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The above directions are copied from Vol. IV of Folk Dances from Near and Far.