

BIEOLITZA KRUGLOLITZA

Russia

A choreographed dance learned by Alexandru David from the Beryoska Ensemble.

Name translates to "white round face". 2/4 rhythm.

Formation: Tight line or circle, shoulders nearly touching. Low "V" handhold. Dance has only two basic foot patterns, and a series of graceful arm and hand movements.

Measure:

Introduction: Body facing center, face looking right, smoothly dancing sideways right LOD, with no bouncing, head level

Detail

1-16 Stepping R to right, landing flat foot (ct 1), Crossing L behind R, landing ball of foot (ct &)
Repeat (ct 2 ct &) and repeat for all measures

Figure 1

Continuing to dance and look in same direction, walk small steps right LOD R-L-R-L (cts 1 & 2 &) with arm movements

Detail

- 1-4 Starting with hands in "V" position, hold hands using full 4 beats to raise arms high up
- 5-6 Stretch R arm forward over head of dancer in front and stretch a bit further forward (crossing in front of face of dancer ahead) to rest R hand on R shoulder of dancer in front (R arm should be extended straight ahead, L arm tightly bent in front of your own neck)
- 7-8 Extend L arm forward and place on L shoulder of dancer ahead. Lower R arm to waist, and hold waist with thumb pointed back, fingers forward.
- 9-16 Walk right LOD in this position

Figure 2

Continue walking same direction, with 2 graceful sweeping R arm waves

Detail

- 1-4 R arm lowers from waist to straight down, then rises to R side and continues nearly straight up
- 5-8 R arm continues in an arc past own head to touch own L arm just below shoulder, bending R wrist so that palm stylishly faces L arm
- 9-12 Reverse measures 5-8
- 13-16 continue lowering R arm in an arc to right side
- 17-32 Repeat R arm wave measures 1-16, and end by rejoining all hands in "V" handhold

Figure 3

More walking same direction and start with a repeat of Figure 1 measures 1 - 16

Detail

- 1-4 Starting with hands in "V" position, hold hands using full 4 beats to raise arms high up
- 5-6 Stretch R arm forward over head of dancer in front and stretch a bit further forward (crossing in front of face of dancer ahead) to rest R hand on R shoulder of dancer in front (R arm should be extended straight ahead, L arm tightly bent in front of your own neck)
- 7-8 Extend L arm forward and place on L shoulder of dancer ahead. Lower R arm to waist, and hold waist with thumb pointed back, fingers forward.
- 9-16 Joined with this arm position, walk in right LOD (if too far apart for arms to reach, move toward center as needed)
- 17-24 Reverse arm movements of 1-8 ending with arms in "V" handhold.
- 25-32 Continue walking R LOD, arms in "V" position

Figure 4

Walk into center, turns, cross-armed-front-basket holds, dancing right LOD

Detail

- 1-8 Walk into center. While holding hands raise arms ahead and up, while turning 180° individually to the left to face out of the circle. Don't let go of hands. Arms will end up being a "cross-armed-front-basket hold"
- 9-16 Maintaining this basket hold, walk sideways LOD, by stepping R to R, landing flat foot, crossing L behind R, landing on ball of foot (no bouncing)
- 17-24 Reverse arm movements, raising arms directly overhead while turning right 360° to face out of the circle, creating a new "cross-arm-front-basket hold"
- 25-32 Joined in this arm position, walk sideways right LOD and end last two beats by releasing hands and rejoining in "V" position

Figure 5

Continue Walk with arm patterns

Detail

- 1-4 Walk in right LOD with arms joined in "V" position
- 5-8 Raise joined arms overhead while individually turning L 180° to face into circle, arms will now be in the "cross-arm-front-basket hold".
- 9-16 Joined in this basket hold, walk sideways R LOD.
- 17-24 Raise joined hands overhead while turning R 180° to face out of circle and on last counts, drop arms to "V" position
- 25-27 Walk right LOD arms in "V" position
- 28-32 Walk right LOD releasing hands, and extending L arm forward and placing L hand on L shoulder of dancer ahead, R hand at waist (as Figure 1, measure 7-8)

Repeat dance from Figure 2, (graceful arm waves).

On repeat of Figure 5, change hand hold on measure 12 to "V" handhold, and slow tempo of steps as music slows. On measure 15 close L foot to Right, and on measure 16 slowly bow. Dance ends at measure 16.

Optional formation for repeat: Leader releases R hand to change circle to a slowly tightening spiral.