

KABARDINKA

(Georgia)

Kabardinka (Kah bahr DEEN kah) is a dance from Kabarda in the central Caucasian highlands. It is a traditional courting dance which varies in interpretation and can be seen as a solo, cpl, or group dance. This description is of the group dance.

Music: Record: Natul 4520 A 4/4 meter

Formation: Inner circle of M with backs to ctr (facing out). Outer circle of W facing in LOD (CCW). No. of dancers in the two circles need not be even, but one circle should not be too much larger than the other. As dance starts M are seated cross-legged watching the W.

Steps and Styling: Women's Basic Step: Step R beside L (ct 1). Step L fwd (ct 2). Step R fwd (ct 3). Extend L leg fwd, knee more or less straight and toe easily pointed (ct 4). Upon repeat of the step the extended leg is brought back sharply so as to step beside the supporting ft. On cts 2, 3 direction can be bkwd. Step alternates.

Men's Click Pattern: 4 meas. for 1 pattern.

Meas. 1: Step R over to far side of L, bending knee (ct 1). Hop on R (really a small bkwd chug), swinging L leg in an arc around to front (ct 2). Step L over to far side of R, bending knee (ct 3). Hop on L (really a small bkwd chug), swinging R leg in an arc around to front (ct 4).

2: Repeat action of meas. 1, but on ct 4 extend R leg fwd (omit hop).

3: Click R heel sharply to L heel, taking wt (ct 1). Bending R knee, extend L leg fwd (ct 2). Click L heel sharply to R heel, taking wt (ct 3). Bending L knee, extend R leg (ct 4).

4: Repeat action of meas. 3 but on ct 4 omit extension of R leg.

KABARDINKA (Cont)

Note, W change to Fig II when M begin Rooster Step in RLOD. When M dance only 8 Rooster Steps LOD this is a signal to W that it is last pattern.

Men's Rooster Step: Two to a meas. (Name for this step comes from one commonly used by the dancers.) Step fwd on R (ct 1). Sharply bend L leg, placing inside of L ft next to inside of R knee, and chug fwd on R (ct 2). Step and chug fwd on L, R knee bent for cts 3, 4. Arms swing in opposition to raised bent leg. If dancer is costumed, he holds in his hands the ends of his sleeves which are long and wide. Otherwise, fingers are curled into a loosely held fist.

End for W. Make only 3/4 @ so and face ctr rather than start arms remain in pos.

Although M and W dance for each other, the two dances are best described separately.

WOMEN'S DANCEMeas.Pattern

cts 3, 4

Introduction. This is heard as a quarter note and a triplet.

Fig. I

1-4

Beginning R, dance 4 W Basic Steps in LOD. Extend arms to R side (L elbow is bent) at shoulder level, palms down. Shyly look at M over bent L arm. On last step turn L to face ctr.

5-8

Extend arms out to each side at shoulder level, palms down. Dance 2 W Basic Steps twd ctr and 2 W Basic Steps bkwd away from ctr. On last step turn to face LOD, assuming original arm pos (out to R side).

9-48

Repeat action of meas. 1-8 five more times (6 in all). M will be clapping during meas. 25-30 and then joining the dance.

Fig. II

1-4

Repeat action of Fig. I, meas. 1-4 but do not turn to face ctr.

5-8

Make 1 CW circle on 4 W Basic Steps. Each W is at 9:00 on her circle so start by moving fwd and out to R. On meas. 2 and 3 reverse arm pos so as to always look at M over the shoulder with the bent arm. On meas. 4 change to original pos (arms out to R side).

9-48

Repeat action of meas. 1-8 five more times (6 in all).

KABARDINKA (Cont)

MEN'S DANCE

<u>Meas.</u>	<u>Pattern</u>
	<u>Introduction</u>
2 cts & 24 meas	Sit cross-legged on floor and watch W.
25-30	Drum starts in music. Clap hands on cts 1 & 3 for for 6 meas.
31-32	Rise and form circle. <i>by turning 1/2 to R to face W.</i> Place hands on upper arms of neighbors and adjust circle.

Fig. I

1-16	In place, dance M Click Pattern 4 times.
17-24	Release hand hold. Beginning R dance 16 Rooster Steps in RLOD. As step proceeds, try to develop a long, sliding chug so as to cover ground. The movement of the arms will help to do this.

Fig. II

1-8	Dance 16 more Rooster Steps but make 1/2 turn L (CCW) and travel in LOD (CCW). Circle should ex- pand so that it is close to W circle but not touching it. On last step turn 1/4 turn R to face W circle.
9-16	Extend arms to side but hold sleeves (or make fists) instead of putting hands on neighbor's shoulders. In place dance M Click Pattern twice.
17-24	Making a 1/4 turn L to face LOD, dance 16 Rooster Steps. On last step turn 1/4 R to face W circle.
25-32	Repeat action of meas. 9-16 (Fig. II) (2 Click Patterns).
33-36	Making a 1/4 turn L to face LOD, dance 8 Rooster Steps. On last step turn 1/4 turn R to face W circle.
37-40	In place, dance M Click Pattern once with arms ex- tended to sides. At the end do only 3 clicks and then rise up on the balls of the feet.

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Note