

Норак – Гопак

(Ukraine)

Hopak is a very famous and virtuoso Ukrainian folk dance. It is often used by folk dance ensembles as a spectacular final dance of the show. This version is arranged by Hennie Konings from typical Hopak basic steps in stage style. The dance was first presented during the Summer Dance Week in Germany in 2001. This version is danced to a humorous Ukrainian folk dance song.

Pronunciation: hoh-PAHK

Translation:

Music: 2/4 meter

Russian Folk Dances 2017, Track 12

Formation: Closed circle, holding hands joined and down.

Steps & Styling: Krok krivoy (крок кривої) (curved step): Hop on L moving slightly to R while lifting R knee in front (ct 1); step R to R (ct &); step L next to R (ct 2). Can be done with opp ftwk and direction.

Pripadanya (припадання): Step R with knee bent (ct 1); step L behind R, L knee extended (ct &). Can be done with opp ftwk and direction.

Tinok (тинок) (Pas de Basque): Step R (ct 1); step L in front of R (ct &); step back onto R (ct 2). Legs are turned out, knees are slightly bent, all steps a little jumpy. Can be done with opp ftwk and direction.

Bigunets (бігунець) (running step): Just preceding the first step, extend R leg fwd, ft just above floor, knee extended (ct &); step fwd on ball of R ft (ct 1); step fwd on ball of L ft (ct &); step on ball of R ft while extending L leg fwd, ft just above floor, knee stretched (ct 2). Steps are performed sharply, as much as possible keeping ft fwd and stretching legs (as if kicking on each step). Upper body leans a little fwd, keeping back straight. Often repeated with opp ftwk.

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
1-32	INTRODUCTION. No action. Start with vocal.	
	I. FIGURE I.	
1-7	Seven Krok krivoy steps moving sdwd CCW.	
8	Step R to R (ct 1); stamp L next to R (ct 2).	
9-16	Repeat 1-8 with opp ftwk and direction.	
17-19	Three Pripadanya steps R sdwd moving CCW.	
20	Repeat meas 8.	
21-24	Repeat 17-20 with opp ftwk and direction.	
	II. FIGURE II.	
1-2	Hands still joined, beg R, four steps fwd twd ctr while raising arms high.	
3-4	Releasing hands, repeat meas 1-2, moving bkwd and lowering arms in a wide curve to the side while releasing hands.	
5-8	Beg R, eight steps walking in a small circle CW starting off diag R, via outside, and ending facing ctr. Use all meas to bring hands down and on hips.	

Note: During meas 9-12, below, move fwd twd ctr.

- 9 Tinok step R, body turned slightly L, arms open to the side.
- 10 Tinok step L, body turned slightly R, place hands on the hips again.
- 11 Repeat action of meas 9.
- 12 Tinok step L, body turned slightly R, put lower arms on top of each other (L on R).
- 13-15 Repeat meas 9-11, i.e., three Tinok steps but remain in place, with body turning.
- 16 Step L in place, body turned slightly R (ct 1); stamp R next to L, body turned slightly R (ct 2).
- 17 Repeat meas 16 with opp ftwk and direction.
- 18 Repeat meas 16.
- 19-20 Repeat meas 17-18.
- 21 Low hop (chug) L (ct ah); step R behind L (ct 1); low hop (chug) R (ct ah); step L behind R (ct 2).
- 22-24 Repeat meas 21 three times. During meas 21-24, move bkwd away from ctr and slowly open arms to the sides. End facing CCW, placing hands on the hips fingers fwd.

III. FIGURE III.

- 1-8 Beg R, eight Bigunets fwd moving CCW.
- 9 Turn $\frac{1}{4}$ L to face ctr. Hop L with R toe touching floor diag R, R leg turned in (ct 1); hop on L with R heel touching floor diag R, R leg turned out (ct 2).
- 10 Hop on L while pulling R ft in front of L with R leg still turned out (ct 1); hop on L while stretching R leg diag R with R ft just above floor (ct 2).
- 11-12 Repeat meas 9-10 with opp ftwk except leap onto R (meas 11, ct 1).
- 13 Open arms to sides, palms diag upward. Step L in place, knee stretched (ct 1); step R next to L, knee stretched (ct &); step L with knee bent in place while extending R leg with knee stretched to the side (legs remain parallel) (ct 2).
- 14 Repeat meas 13 with opp ftwk, body tilts R.
- 15-16 Repeat action of meas 13-14.
- 17-20 Facing CW (RLOD) place hands on the hips again. Beg L, four Bigunets steps fwd moving CW.
- 21-23 Beg L, three Bigunets steps while moving in a small circle CCW, and ending facing ctr.
- 24 Step R (ct 1); a heavy step on L next to R (ct 2).b

Sequence: (Fig I, Fig II, Fig III) twice, Fig I, Fig II meas 1-8 only.

Presented by Radboud Koop
From the program of Hennie Konings

Lyrics:

Buli v mene u komori groshi – Були в мене у коморі гроші
 The song for Hopak – Гопак

<u>Transliteration</u>	<u>Translation</u>	<u>Ukrainian</u>
Buli v mene u komori hroshi Ti piv i ya pila Ti kazav, a ya nosila Hroshi dlya miloho Alyoshi Hey! Hey! Ti piv i ya pila Ti kazav, a ya nosila Hroshi dlya miloho Alyoshi	In my storeroom I had pennies You and I drank You told me, and I gave The pennies to dearest Alyosha Hey! Hey! You and I drank You told me, and I gave The pennies to dearest Alyosha	Були в мене у коморі гроші Ти пив і я пила Ти казав, а я носила Гроші для милого Альоші Гей! Гей! Ти пив і я пила Ти казав, а я носила Гроші для милого Альоші
Buli v mene u komori hrushi Ti piv ... Hrushi dlya miloho Andryushi	In my storeroom I had pears You and I drank ... The pears to dearest Andryusha	Були в мене у коморі груші Ти пив ... Груші для милого Андрюші
Buli v mene u komori vishni Ti piv ... Vishni, poki voni ne viyshli	In my storeroom I had cherries You and I drank ... The cherries until they were gone	Були в мене у коморі вишні Ти пив ... Вишні, поки вони не вийшли
Bulo v mene u komori salo Ti piv ... Salo, poki yoho ne stalo	In my storeroom I had bacon You and I drank ... The bacon until it was gone	Було в мене у коморі сало Ти пив ... Сало, поки його не стало
Buli v mene u komori husi Ti piv ... Husi dlya milo-i Marusi	In my storeroom I had geese You and I drank ... The geese to dearest Marusha	Були в мене у коморі гуси Ти пив ... Гуси для милої Марусі
Buli v mene u komori bdzholi Ti piv ... Bdzholi dlya miloho Mikoli	In my storeroom I had bees You and I drank ... The bees to dearest Mikola	Були в мене у коморі бджоли Ти пив ... Бджоли для милого Миколи
Bulo v mene u komori pivo Ti piv ... Pivo dlya miloho Gavrila	In my storeroom I had beer You and I drank ... The beer to dearest Gavrila	Було в мене у коморі пиво Ти пив ... Пиво для милого Гаврила