

Instructions for “Troika”

Troika is the Russian word for sleigh. The traditional Russian folk dance “Troika” represents the prancing of the horses as they pull a sleigh. Follow the steps below to perform this beautiful, lively dance.

Formation:

Break into groups of three. All of the dancers get into a circular formation, with the groups of three positioned as if they were spokes in a wheel. Groups of three face counterclockwise and join hands.

Steps for Each Group of Three:

First Section (16 counts):

1. While holding hands, run forward for four steps on a right diagonal. (right, left, right, left)
2. Run four steps forward on a left diagonal. (right, left, right, left)
3. Run forward for eight counts.

Second Section (16 counts):

1. Over the next eight counts, groups continue to hold hands. In each group, the person in the center and on the left forms an arch with their arms. The person on the right runs in front of the center person and under the arch, then behind the center person and back to his/her original spot. The center person turns in place, to the left, under the arch. Everyone is now facing forward.
2. The person on the left repeats the sequence above, running through the arch formed by the dancer in the center and on the right. The center person turns to the right, following the person from the left under the arch. This sequence takes eight counts.

Third section (32 counts):

1. Groups of three join hands, so that each forms a small circle. Run 12 steps clockwise to the left, beginning with the left foot. After 12 steps, stamp your feet three times (left, right, left) and pause for one count.
2. Repeat the sequence, this time running counterclockwise for 12 steps, starting with the right foot. Stamp three times (right, left, right) and pause for one count.
3. All groups of three return to the original circular formation (like spokes in a wheel). The center person moves to the group in front of them, and the dance starts all over again.