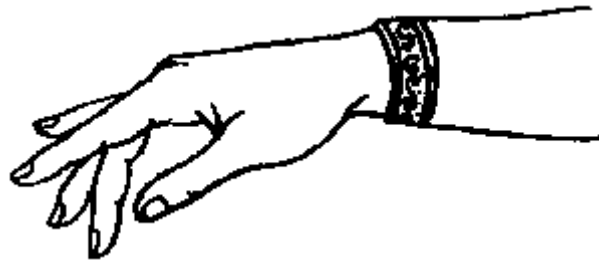


Hands

Girls

Hands are almost **straight**, only slightly bent, the fingers are positioned **very close** to each other. The big finger is hidden and the middle finger is bent toward it, whereas the little finger is somewhat diverted aside (look below). When dancing, girls move their hands with easy and elegant bends in elbows and wrist not quite along the straight line, but somewhat in circular direction.



Men

Fingers are gathered inside the palm. The wrist is slightly bent inward. When dancing guys usually have their hands straightened up. Usually they are moved along the straight line, clearly fixing initial and end positions.

Dance Positions

Straight postures are very important for dancers. Movements of head, shoulders, torso, arms and legs should be strictly correlated with each other.

The position of head usually slightly turned in the direction of the partner.

Girls

Girl's head can be slightly turned and bowed toward one of the shoulders, and if necessary smoothly turned to the other side. Her eyes are modestly lowered. The expression of the face is calm, but can also be changed in accordance with the nature of dance (restrained smile). Shoulders are slightly lowered, back is straight. Torso movements are soft, smooth, stately calm, turns are fulfilled with the hardly noticeable leaning to the side of the turn

Young men

Young man's head should be proudly elevated. Turns should be sharp. Face should be expressive. Shoulders need to be moved almost together with the torso, emphasizing strictness, restraint and haughtiness. They should be straight and a bit elevated.

Sharp movements with shoulders are not recommended. The torso is pulled inside, Turns are produced abruptly at the same time emphasizing the restrained internal temperament.

There are a few most frequently encountered dance positions in Circassian dance.

Position 1.



Position 2.



Position 3 .



Position 4.



Position 5 (girls).



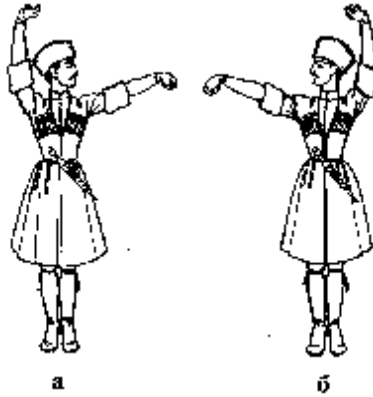
Position 6.



Position 7 (men).



Position 8.



Position 9 (men).



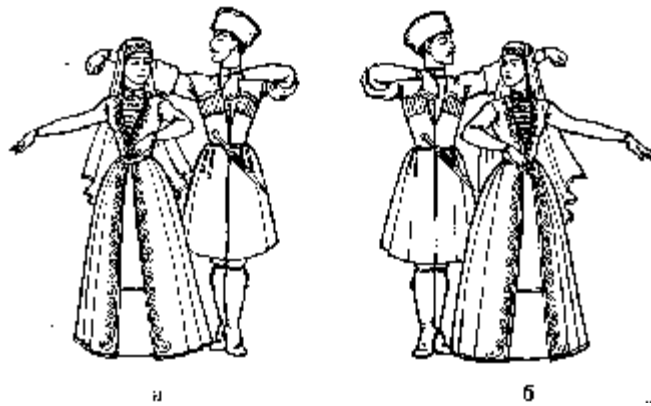
Position 10.



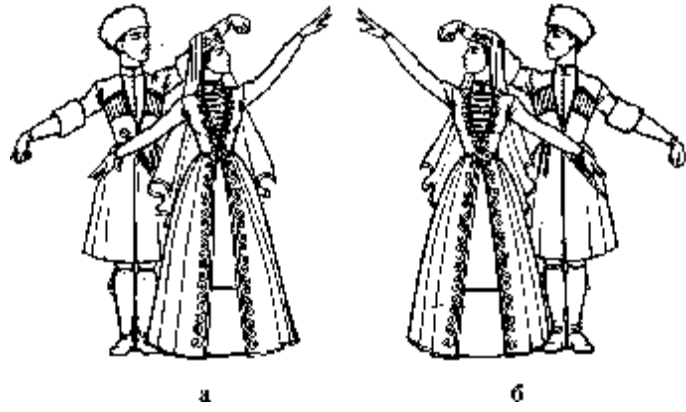
Position 11 a & b.



Position 12.



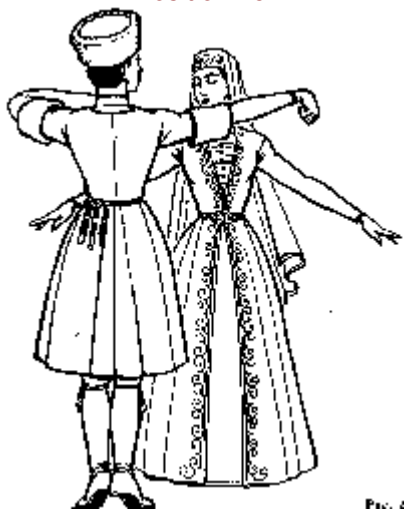
Position 13.



Position 14.



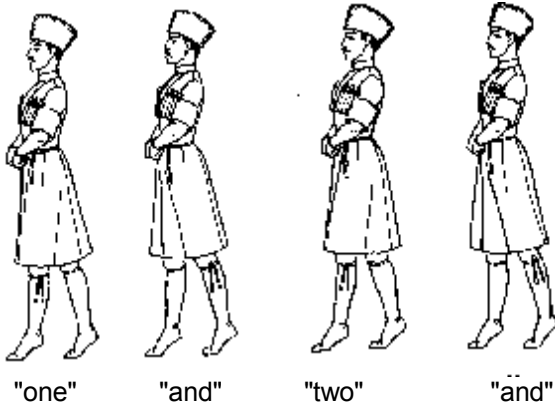
Position 15.



Zachak steps are used in almost all circassian dances.

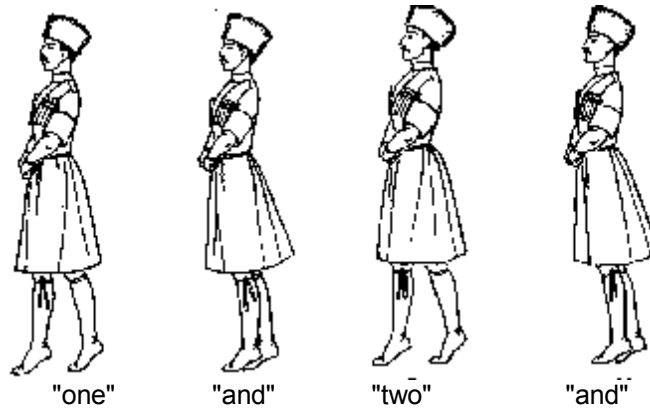
Variation 1

"One" - move backward on the tiptoes of your right foot.
"And" - move backward on the tiptoes of your left foot.
Repeat movements for the second and third counts.



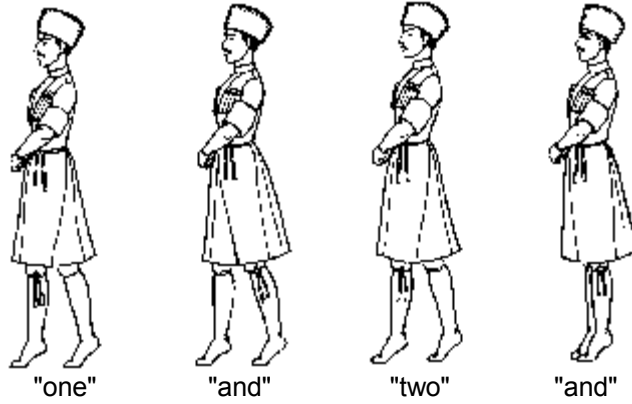
Variation 2.

"One" - move backward on tiptoes of your right foot.
"And" - put your left foot next to the right foot.
"Two" - "And" - repeat same steps



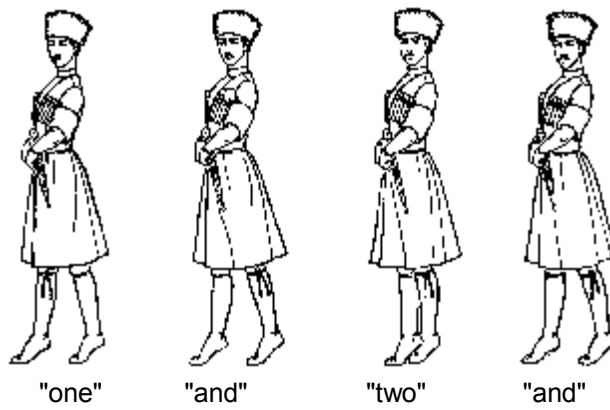
Variation 3.

"One" - move backward on the tiptoes of the right foot
"And" - move backward on the tiptoes of the left foot
"Two" - move backward on the tiptoes of the right foot
"And" - put your left foot next to the right foot.



Variation 4.

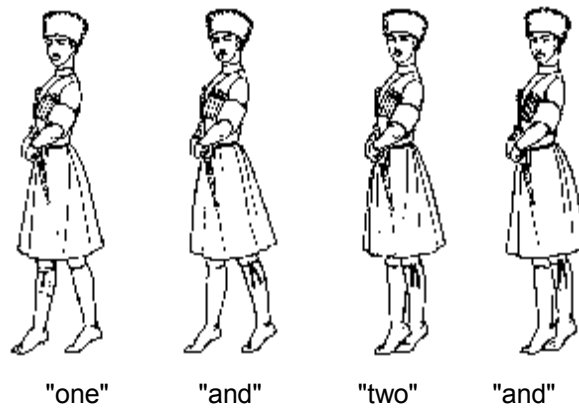
- "One" - move backward on the tiptoes of your right foot.
- "Two" - move backward on the tiptoes of your left foot.
- "Three" - put your right foot across your left foot.
- "Four" - move backward on the tiptoes of your left foot.



Variation 5.

Used mostly in Udzh.

- "One" - move backward on the tiptoes of your right foot.
- "Two" - move backward on the tiptoes of your left foot.
- "Three" - put your right foot across your left foot.
- "Four" - keep a pause.



Variation 6.

"And" – place left foot on low tiptoes, simultaneously raise the right foot with the slightly lowered toes.

"One" – step backward with the heel of the right foot and immediately after that raise the left foot with the lowered toe to the small height.

"And" – put the left foot backward on its toes and immediately put the right foot right next to it. "Two" - make a small jump forward with the left foot, simultaneously bring the right foot in air to the left foot and sharply put both feet to the floor with right foot on the tiptoes, and left foot's tiptoes bent inward.

"And" – Jump from the left foot's heel toward its tiptoes, simultaneously straighten up the knee of the right foot with its toe raised.

"Three" – move your left foot backward on its heel and immediately raise right foot with the lowered tiptoe to the small height.

"And" – move your right foot backward on the tiptoes and immediately after that put your left foot next to the right.

"Four" – make a small jump backward with the right foot, simultaneously air the left foot and put it sharply next to the right foot so that the left foot is on its tiptoes and the right foot's tiptoes bent inward.

"And" – make a small jump backward on the tiptoes of the left foot, raise the right foot with the lowered toes.



Variation 7.

Ninth movement - steps with the strokes made by each foot. This variation is used in **Adygey Tlepechas** and **Kabardian Tslamey** and is performed with slightly bent knees.

"One"- Move your right foot backward on the tiptoes and immediately after that have your left foot with its straightened tiptoes raised by a light stroke.

"And" – Move your left foot backward on its tiptoes and immediately after that have the right foot with straightened tiptoe raised by a light stroke.

"Two"- Move your right foot backward on its tiptoes and immediately after that have the left foot with the straightened tiptoes raised by a light stroke

"And"- maintain the pause.



Yekoch Steps.

First Yekoch

"One" - advance to the right with a right foot on the tiptoes or on the full foot.

"And" - put the left foot parallel to the right foot on the tiptoes or full foot.

Repeat "One" "And" for "Two" "And".



Second Yekoch

- "One" - advance to the right with a right foot on the tiptoes.
- "And" - put a left foot on the tiptoes behind or in front of the right foot crosswise.
- "Two" - advance to the right with the right foot on the tiptoes.
- "And" - bring the left foot next to the right foot.



Third Yekoch

- "One" - advance on the right foot to the right. Raise the left foot with a tiptoe slightly turned inside.
- "And" - turn inside the hills of your feet with your right foot crosswise in front of your left foot.
- "Two" - advance with the right foot to the right and bring both feet on the tiptoes creating angle.
- "And" - put the left foot on the tiptoes next to the right foot.

Repeat "One" "And" "Two" "And" for "Three" "And" "Four" "And". Note that on the last "And" one should bring the left foot in the front, across the right foot.



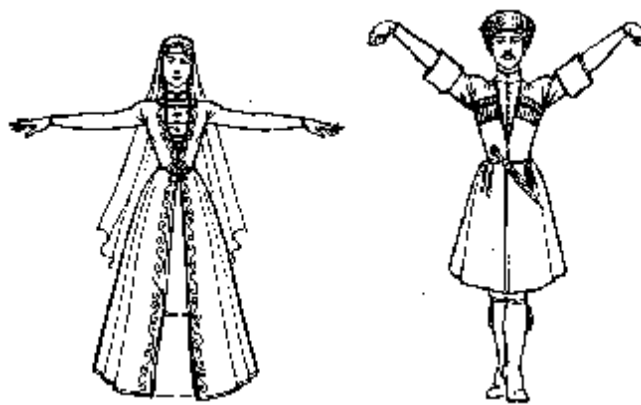
Position of Arms

[1](#) | [2](#) | [3](#) | [4](#) | [5](#)



Position 1.

[back to top](#)



Position 2.

[back to top](#)



Position 3.

[back to top](#)



Position 4.

[back to top](#)



Position 5 (men).

www.JusticeForNorthCaucasus.com