



LESSON PLAN

Target Grade – 4th Grade



Objective: Students will perform a Russian folk dance, Troika, and experience the Russian folk culture. Students will practice concert etiquette during a live performance.

TEKS Addressed:

Creative expression: (K) perform various folk dances and play parties;

Historical and cultural relevance: (S) identify and describe music from diverse genres, styles, periods, and cultures;

Critical evaluation and response: (U) exhibit audience etiquette during live and recorded performances.

Materials: SMART Board (or screen) and computer for viewing and listening

Lesson:

1. As students enter, divide them into groups of 3.
2. Students will learn the Russian Dance, Troika. (*instructional information provided by The Kennedy Center: ARTSEdge* https://artsedge.kennedy-center.org/educators/lessons/grade-5/Russian_Folk_Dance)
Music provided at: <https://www.youtube.com/watch?v=bbrxgipmtBw>

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):

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

Second Section (16 counts):

- 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.
- 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):

- 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.
- 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.
- 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.



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**For examples of the dance, teachers can also view the following sites:

<https://www.youtube.com/watch?v=qg-YL0X7YhA>

<https://www.youtube.com/watch?v=RYcMkhX7b-U>

3. Discuss when/where and sponsorship of Boerne Performing Arts
4. Watch promo video (or parts) from BPA website:
<https://www.youtube.com/watch?v=ZMICSQvrjH8&feature=youtu.be>
5. Discuss audience manners, expectations on and off the bus, expectations as enter and exit BCHS, expectations of dealing with BPA members and other teachers.
6. Discuss background of the Russian Dance Company. (*information from artist's website:*
<https://worldtouring.net/home/russian-seasons-dance-company/>)

The first Russian revolution in the world of dance took place in 1910, when Diaghilev's Ballets Russes broke ground at Paris' Russian Seasons Theatre with "Petrouchka" and "Firebird". The second revolution occurred in 1991, when one of the leading folk dancers in Moscow, Nikolai Androsov, together with a group of other dancers formed a whole new set of innovative and imaginative productions, something he couldn't achieve under different circumstances.

On May 17, 1991, the newly formed group of dancers, calling themselves the "Russian Seasons Dance Company", gave their first public performance at the Tchaikovsky Hall in Moscow, Russia. The critics and dance lovers who had an opportunity to be in that hall that day justified Androsov's dream. Four days after the birth of the newest Russian Seasons, Androsov feared his dream had gone up in smoke. But the speedy end of the coup that couldn't allow him to breathe a sigh of relief. In any case, he had already faced obstacles bigger than politics, and plenty more lay ahead.

Not surprisingly, Russian Seasons' first months were not easy. Their initial rehearsal studio was located far from the city center. Materials for costumes and sets were nearly impossible to find and what was available was not affordable. Thanks to some local sponsors, who believed in Nikolai, many of those problems were solved. Shortly after the debut performance, Nikolai received an invitation to come and perform in United States during the first part of 1995. He had a chance to prove himself, not only as a very athletic dancer with more than 20 years of dancing experience, but, also, as a choreographer with new styles that will make use of "everything from the simplest, ancient Russian folk dances to neo-classical and modern styles."

In "A Celebration of World Dance" the company takes audiences on a journey through the folk dances of many nations: from the athletic Hopak of Ukraine and the wild energy of Gypsy to the passionate Flamenco of Spain and the Tangos of Argentina, from the footwork of Irish dances to spectacular choreography of Broadway. This is a breathtaking display of beautiful music and brilliant choreography put together to make this evening of dance exceptional.

25 years after the company's inception, the Russian Seasons Dance Company returns to United States with the program that made them famous around the world. Their sell-out tours have taken them to numerous countries in Europe, the Far East, South America, and the United States. The international press unanimously raved about the company's performances over the years, using such words as "spectacular", "superbly creative" and "stirring". This is going to be a "not to be missed tour!", all over, again!

7. Students will be prepared to write a letter of thanks to Boerne Performing Arts upon return from performance. This letter will include favorite dance, favorite culture displayed, and most memorable moment.