PLETENICA
Macedonia

Pletenica is a line dance from Eastern Macedonia, Sveti Nikola,
Ovcepole region. This dance is from a family of dances called
Potrčulki. One of these Potrčulki has been named Pletenica because
of the steps resemble braiding. This dance has been seen very often
at monastery celebrations (slavas), festivals and weddings. This
dance was presented by Atanas Kolarovski at the 1977 San Diego
S.U.F.D. Conference.

PRONUNCIATION: pleh-teh-NEET-tsah

RECORD: AK (LP) 006

FORMATION: Mixed lines with hands joined in "V" pos or belt hold (L
             over R).

METER: 2/4   PATTERN

Meas
        FIG. I:
1   Facing slightly R and moving LOD, leap R fwd (ct 1); step L-R
        fwd (ct &,2) (light running steps).
2   Repeat meas 1, with opp ftwk.
3   Leap R fwd (ct 1); hop on R (ct 2).
4   Repeat meas 3, with opp ftwk.
5-8   Repeat meas 1-4.
9   Facing ctr, step R to R (ct 1); step L behind R (ct &); step R
        to R (ct 2).
10   Step L fwd diag L (ct 1); hop on L, lift R behind L (ct 2).
11   Step R,L,R bkwd (cts 1,&,2).
12   Step L bkwd (ct 1); hop on L, lift R fwd (ct 2).
13-16   Repeat meas 9-12.

        Repeat Fig. I until leader signals change. There is a change
        of music approx 2/3 through the record, this is a good place
        to change to Fig. II.

        FIG. II:
1   Facing slightly R and moving LOD, hop on L (ct 1); step R-L
        (cts &,2).
2   Hop on L with R fwd (ct ah); step R with ft fwd (bend both
        knees slightly (ct 1); hop on R (ct 2).
3   With L shldr leading twd ctr and moving twd ctr, step L to L
        (ct 1); step R across L (ct &); repeat cts 1,& (cts 2,&).
4   Repeat cts 1,&, meas 3, (L to L, Rx) (cts 1,&); step L to L
        (ct 2).
        NOTE: Meas 3-4 is done on balls of ft with knees bent.
5   Facing ctr and moving bkwd slightly, step R bkwd, leave ball
        of L ft in place and twist L heel to R (ct 1); repeat ct 1
        with opp ftwk (L bk) (ct 2).
6   Repeat meas 5.
7   Step R in place (ct 1); hop on R (ct 2).
8   Step L fwd (ct 1); step R in place (ct &); step L in place (ct
        2). Gradually turn to face slightly R - LOD.
NOTE: Repeat Fig. II till end of music

Presented by Vicki Maheu
Laguna Institute, Feb. 14-15, 1986

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