

PODGORAC  
(East Serbian Vlah)

**Source:** Dance seen at Smotra Folklor, Zagreb, performed by a group from Podgorac. Special thanks to Robert Leibman for the use of his films in the further research of this dance.

**Record:** AMAN LP-105

**Formation:** Men and women in mixed line, belt-hold, L arm over R.

**Time:** Melody is in 6/8; accompaniment is in 2/4. The dance will be counted 1,&,2,& (2/4).

<u>Measure:</u>	<u>Description</u>
	<u>STEP I</u>
1	Step R to R (ct 1), close L to R (ct 2)
2	Repeat measure 1
3	Step R to R (ct 1), raise L ft to R ankle, lifting on R (ct 2)
4	Step on L fwd and to L (ct 1), raise R ft to L ankle, lifting on L (ct 2)
5	Step on R fwd and to R (ct 1), kick L across R (ct 2)
6	Step on L (ct 1), bring R to L (ct 2)
7	Step on L (ct 1), kick R across L (ct 2)

**Note:** Though footwork is similar for men and women, body movement is different. Ladies turn body toward foot stepped on ct 1 and back to place on ct 2. Men turn body away from stepping foot on ct 1 and back to place on ct 2.

	<u>STEP II</u>
1	Step R in place (ct 1), step L in place (ct &)
	Step R in place (ct 2)
2	Repeat measure 1 opposite footwork
3	Jump onto both feet fwd and diag. R (ct 1), Jump again in place on both ft (ct 2)
4	Jump onto both ft to L (ct 1), Jump in place on both (ct 2)
5	Step on R fwd and diag. R (ct 1) Hop on R (ct 2), hop again on R (ct &)
6	Step back on L leaving R on floor (ct 1) Step back on R (ct 2)
7	Repeat measure 2

Repeat sequence to end of music.

Presented by Barry Glass