

## SKOPSKA CRNOGORKA

Origin: Dance is from and is named after the Black Mountain region near Skopje in Macedonia.

Source: Learned from Slavko Kvasnevski at the 1975 Folk Dance Institute in Yugoslavia. Steps arranged by Carol Walker to fit this recording.

Record: Festival FR 4016B - 45 rpm; slow record down a little

Formation: Men and Women in separate lines; hands joined and down. Dance with a "soft" knee to get characteristic bounce.

Music: 6/4. No introduction

Meas      I. Walking Step

- 1 Facing and moving LOD, walk smoothly with heel first, R, L, R, L, R (cts 1,2,3,4,5), W lift L (ct 6); M hop on R as L is lifted fwd high (ct 6)
- 2 Step bwd L, R (ct 1,2), half-turn to face L and with wt fwd on toes, bouncing slightly, step L, R (ct 3,4), half-turn to face LOD as you triplet lightly L,R,L (ct 5+6)

II. Triplets

- 1 Two running triplets fwd in LOD, R,L,R, L,R,L (ct. 1+2, 3+4), step R (ct 5), lift L fwd (ct 6). M do higher leg lift.
- 2 Back up with triplet L,R,L (ct 1+2), face RLOD, triplet R,L,R (ct 3+4), face LOD and triplet L,R,L in place (ct 5+6)

III. Grapevine

- 1 Facing ctr and moving to R, cut with R toe in frt on L (ct 1), step L behind (ct +), step on R toe behind (ct 2), step L in frt (ct +), repeat for cts 3+4+, step R (ct 5), hop on R lifting L (ct 6).
- 2 Back up with skipping steps L, R (ct 1,2), half-turn to L and skip RLOD L, R (ct 3,4), half-turn to R to face LOD and triplet in place L,R,L (ct 5+6)

IV. In Place

- 1 Facing ctr, in place, triplet R,L,R, L,R,L (ct 1+2, 3+4), step R, hop (ct 5,6)
- 2 Repeat meas 1, opp ftwk

V. Okret (Turn)

- 1 With hands at hips, fingers fwd, starting facing ctr, step on R heel to R, pointing foot to R (ct 1), step L across all the way and make a full turn by pivoting on L to end facing ctr (ct 2), repeat for cts 3,4, triplet in place R,L,R (cts 5+6)
- 2 Repeat meas 1, opp dir and opp ftwk

continued

SKOPSKA CRNOGORKA (continued)MeasVI. Čučanj (Squat)

1

Men's solo step: facing and moving to R in a deep knee flex or half squat, with wt on toes, jump on both feet tog, hands down in frt coming across each other (ct 1), jump to both feet slightly apart, hands opening out to sides (ct +), repeat twice for cts 2+3+; still in half-squat, hands raised to shldr ht, walk with twisting step, R knee turned in first, R, L, R, L, (cts 4+5+), jump tog and apart as above (cts 6+)

Sequence: 2 of each pattern in order as follows:

Men

- I. Walking Step
- II. Triplets
- III. Grapevine
- VI. Čučanj
- IV. In Place
- V. Okret
- VI. Čučanj

Women

- I. Walking Step
- II. Triplets
- III. Grapevine
- V. Okret
- III. Grapevine
- IV. In Place
- V. Okret

Presented by Carol Walker