

FOURTH ANNUAL LOS ANGELES SPRING KOLO FESTIVAL

SATURDAY, JUNE 21st, 1958

I N S T I T U T E

<u>DANCE</u>	<u>RECORD</u>	<u>TEACHER</u>
HAJD' NA LIJEVO.....	JUGOTON 6257.....	JOHN FILCICH
POSAVSKI PLES.....	KOLO FEST. 811.....	JOHN FILCICH
KAČERAC.....	JUGOTON LP-6.....	RUBY PRITCHARD
PAJDUSHKA.....	XOPO 306.....	GORDON ENGLER
ČAČAK VARIATIONS.....	JUGOTON LP-1.....	GORDON ENGLER
STARA VLAINA.....	JUGOTON 6579:.....	JOHN FILCICH

Chairman:
DON LANDAUER



SYLLABUS, COURTESY:

SLAV-ART MUSIC
3257 East 14th St.
OAKLAND, CALIF.

HAJD' NA LIJEVO

(Let's Go to the Left)

(Croatian dance from Slavonia)

Source: Zdenka Politeo, formerly with the Jože Vlahović Croatian Dance Ensemble in Zagreb. Taught first by Tony Bazdarich at the Los Angeles Spring Kolo Festival, 1955.

Record: Jugoton C-6257, "Hajd' Na Lijevo".

Form'n: Closed circles. Join middle fingers with persons once removed on either side, right arm over and left arm under.

Steps: Walk, Step-Close, and Croatian "syncopated 3's" done as follows: Step on L emphatically with whole ft, stiff knee (ct 1, &). Step on R emphatically in place, stiff knee, (ct 2); step on L emphatically in place, stiff knee, (ct &).

Meas. Pattern

2/4 time Fig. I

A 1 Facing slightly L of center, step L with L.

 2 Cross R over L.

 3 Step to L with L, simultaneously turning body to face diagonally R of center.

 4 Touch ball of R slightly in front of and to the R of L, pointing R to R, keeping knee of R straight.

 5-8 Repeat action of meas. 1-4, moving to R with opposite footwork.

B 1-8 Beginning L, do 8 sets of 3's, alternating feet, in place (as described above).

AB 1-16 Repeat Fig. I exactly.

Fig. II

A 1 Step to L on L (ct 1); step R next to L (ct 2).

 2-3 Repeat action of measure 1, Fig. II, two more times.

 4 Step to L on L (ct 1), bring R ft next to L without taking weight (ct 2).

 5-8 Repeat action of measures 1-4, Fig. II, moving to R with opposite ftwork.

B 1-4 Beginning L, do 4 sets of 3's moving toward center of circle.

 5-8 Repeat measures 1-4 of B music, backing from center of circle.

AB 1-16 Repeat Fig. II exactly.

Repeat entire dance from beginning two more times.

STARA VLAINA

(Southeastern Serbia)

Pronunciation: Stah'-ra Vla' -ee-na. (Old Vlach Kolo)

Source: Originally described by the Janković sisters in their book, "Narodne Igre", Vol. I, published by Prosveta, Belgrad, 1934.

Music: Jugoton C-6579, "Stara Vlaina".

Form'n: Open circle, leader at R end. Each dancer grasps belt of nearest persons in line, with L arm in front of neighbor's R arm. End dancers may tuck thumb of free hand inside own belt, or place arm behind back. This is basically a man's dance.

Meas. Pattern

2/4 time

1 Step to R with R (ct 1), cross L in front of R (ct 2).

2-3 Repeat action of measure 1, two more times.

4 Step to R with R (ct 1), swing L across in front of R (ct 2).

5 Step to L with L (ct 1), swing R across in front of L (ct 2).

6 Step to R with R (ct 1), swing L across in front of R (ct 2).

7 Step to L with L, (ct 1), swing R in front of L (ct 2).

8 Repeat action of meas. 5 or (later in the dance) stamp L, R, L in place.

POSAVSKI PLES
(Croatian)

Source: Couple dance learned by John Filcich from members of KOLO, Yugoslav State Company while on their United States tour in 1956. Presented at the San Francisco Kolo Festival, November, 1957, by John Filcich.

Record: Kolo Festival 811-B

Form'n: Couples at random about the floor in shoulder-waist pos. In Fig I M's hands are just below W's shoulder blades, palms down--not holding W with palm of hand. During balance of figures the M's hands are at W's waist. W's hands remain on M's shoulders throughout the dance.

Steps: Step, touch; tiny shuffling steps; syncopated 3's done as follows: Step R in place (ct 1); hold (ct &); step L beside R (ct 2); step R in place (ct &). Emphasize ct 1 by bending knee of supporting leg. Also done beginning with L ft. Drmeš step described below. Steps are described for M. W use opposite ft except during Fig. V.

Meas. Pattern

2/4 time Fig. I

A 1 Step diagonally fwd, bwd, or to the side on R (cts 1, &); touch L next to R (cts 2, &).

2-12 Repeat meas. 1, with alternating ft work 11 more times. M leads W about the floor at random. M leans back slightly from waist, his bearing is proud. A slight plie is done with each step.

Fig. II

B 1-4 In regular shoulder-waist pos. do 8 syncopated 3's, beginning M's R, W's L. M face ctr of room at conclusion of this step.

Fig. III

C 1-3 12 tiny shuffling steps on ball of ft twd ctr of room, beginning M's R, W's L. Four steps in each measure.

4 Stamp R (cts 1, &); stamp L (cts 2, &). W opp. ft.

5-8 Repeat action of Fig. II, meas. 1-4, M backing to original pos.

Fig. IV

B 1 M step R in place (cts 1, &); hop on R (ct 2); step L next to R heel (ct &), revolving CCW almost in place.

2-8 Repeat action of Fig. IV, meas. 1, 7 more times. W is directly in front of M. He pulls her around him as he turns on the spot. FIGURES I THRU IV ARE REPEATED THREE MORE TIMES:

Fig. V--two or more couples form a closed circle using back-basket hold.

D 1 Step on R across L (ct 1); step to L on L (ct 2).) Buzz

2-8 Repeat action of meas. 1, 7 more times, moving CW.) Step

9 Drmeš Step: (done in place) Step on R, bending R knee (ct 1); rise on ball of R ft (ct &); bounce on both heels simultaneously (ct 2); bounce again, transferring wt to L ft at end of 2nd bounce (ct &).

10-16 Repeat action of meas. 1, 7 more times.

REPEAT FIG. V TWO MORE TIMES.

Note: For exhibition purposes the circle may open out and exit from floor on final 8 meas., using the buzz step.

Posavski Ples and the drmeš following are a portion of the "Medley of Croatian Songs and Dances" found in the entirety on Kolo Festival LP-1503 (Volume 3) and Kolo Festival EP-106, as recorded by the Yugoslav State Company "KOLO".

KAČERAC
(Dance from Serbia)

Learned in Yugoslavia by Elsie Ivancich and Ruby Pritchard. Steps are authentic and arranged to fit available record by Elsie Ivancich. Taught at the 1958 Spring Kolo Festival, June 21, 1958 in Los Angeles by Ruby Pritchard.

Record: Jugoton LPM #6 - Serbian Songs and Dances, 2nd Band "Kačerac".

Form'n: Lines of 4 to 8, arms hooked or short kolo line, hands held down.
Leader to R of line.

NOTE: Entire dance is done with weight on balls of feet, heels just off floor. Character of dance should be proud, bodies erect, steps light, bouncy and small.

Meas.	Pattern	MUSIC 4/4
	<u>Step I - Twist Step</u>	
1	Feet together, weight on balls of feet, twist heels slightly to R (ct 1). Twist to L (ct 2). Step in place RLR (cts 3 & 4).	
2	Repeat measure 1, starting to L.	
3-8	Repeat measures 1 & 2 three more times.	
	<u>Step II - Lame Duck Step</u>	
9	Facing R, step L, stepping forward (ct 1), lift on L ft (ct &), rise on ball of foot, holding on rise (ct 2), step R ft beside L (ct &). Repeat all of above.	
10-11	Repeat measure 9.	
12	Repeat measure 9 (cts 1 & 2). Step L (ct 3), rise on L ft (ct &), step R (ct 4), step L (ct &), turning on (ct 4 &) to face opposite direction.	
13-16	Repeat measures 9-12, starting on R ft, facing forward on measure 16.	
17-32	Repeat measure 1-8 (Twist Step).	
33-40	Repeat measure 9-16 (Lame Duck Step).	
41-48	Repeat measure 1-8 (Twist Step--See Variation*).	
	<u>Step III - Grapevine</u>	
49	Moving to R, hopping evenly on L ft (cts 1-2-3-4), touch R toe in front of and beside L ft just before each L hop. <u>Note:</u> Weight should be entirely on hopping foot. Toe should twist slightly from ankle as it touches to front and side.	
50	Repeat measure 49 (cts 1 & 2), step R (ct 3), step L (ct &), step R (ct 4).	
51-52	Repeat measures 49-50 to L, hopping on R.	
53-56	Repeat measures 49-52.	
	<u>Step IV - Walk Step</u>	
57	Step fwd on R ft (ct 1), step to R on L ft behind R (ct 2), step R beside L (ct 3), hold (ct 4). Entire step is done with a slight bounce on each step.	
58	Repeat starting to L.	
59-64	Repeat measures 57-58 three more times.	
65-72	Repeat measures 49-56 four times. (Grapevine Step)	
73-80	Repeat measures 57-64 four times. (Walk step)	
81-88	Repeat measures 1-8 four times. (Twist Step--See Variation*)	
89-96	Repeat measures 49-56 four times. (Grapevine Step)	

* Variation on Twist Step

Twist heels to R (ct 1), twist heels to L (ct 2), heels twisted away from each other (ct &), cross R heel in front of L (ct 3), step L in place (ct &), step R in place (ct 4), hold (ct &). Repeat to L.

--Dance research by Don & Lindy Landauer
and Ruby Pritchard.

PAJDUŠKA

(Bulgarian - Macedonian)

Music: Nanchoff (Delmar) No. 7, or Xopo 306

Form'n: Hands joined in open circle.

Rhythm: The rhythm of this dance is 5/16, and is most easily broken down for descriptive purposes into a "quick-slow" pattern.

- Meas. 1 q- Crossing R ft over L ft, step on it, moving L.
s - Side step to L with L ft.
- Meas. 2 Same as meas. 1.
- Meas. 3 " " " "
- Meas. 4 q - Hop on L ft in place.
s - Step on R ft in place, raising L ft off ground.
- Meas. 5 q - Hop on R ft in place.
s - Step on L ft in place, raising R ft off ground.
- Meas. 6 q - Step forward on R ft, just in front of L ft.
s - Return weight to L ft and turn body to face full R.
- Meas. 7 q - Hop on L ft, moving forward in LOD.
s - Step on R ft, raising L ft slightly.
- Meas. 8 q - Hop on R ft, moving forward in LOD.
s - Step on L ft, raising R ft slightly.
- Meas. 9 Same as Meas. 7.
- Meas. 10 Same as Meas. 8.

ČAČAK (Variations III, IV, V)

Learned by Elsie Ivancich in Yugoslavia.

Records: Jugoton LP #1, side 2, band 1, or Jugoton C-6218.

Meas. Pattern

2/4 time VARIATION III:

- 1 Step to R on R ft (ct 1), step on L behind R (ct 2).
- 2 Same as meas. 1, continuing to R.
- 3 Step to R on R ft (ct 1), hop in place on R (ct 2).
- 4 Running step fwd with L ft (ct 1), hop fwd on L ft (ct 2).
- 5 Stamp R ft, crossing in front of L ft (ct 1), hop on R ft (ct 2) moving L.
- 6 Step back on L ft (ct 1), step R ft (ct 2).
- 7 Step back on L ft (ct 1), hop on L ft (ct 2).
- 8 Step on R ft (ct 1), hop on R ft (ct 2).
- 9 Step L ft (ct 1), step R ft (ct 2).
- 10 Three quick steps in place LRL (cts 1 & 2).

Note: This variation moves CCW in the pattern of an oval, returning to place.

VARIATION IV:

- 1 Facing obliquely R, hop on L ft (ct 1), step R ft (ct &), step L ft (ct 2), hold (ct &).
- 2 Same as meas. 1, continuing to R.
- 3 Facing center, step on R ft (ct 1), kick* L ft (ct 2).
- 4 Step on L ft (ct 1), kick R ft (ct 2).
- 5 Step on R ft (ct 1), kick L ft (ct 2).
- 6 Facing obliquely L, hop on R ft (ct 1), step L ft (ct &), step R ft (ct 2), hold (ct &).

(Cont'd)

ČAČAK (Variations) (Cont'd):

<u>Meas.</u>	<u>Pattern</u>
<u>2/4 time</u>	<u>VARIATION IV (Cont'd):</u>
7	Step on L ft (ct 1), kick R ft (ct 2).
8	Step on R ft (ct 1), kick L ft (ct 2).
9	Facing obliquely L, hop on R ft (ct 1), step L ft (ct &), step R ft (ct 2), hold (ct &).
10	Step on L ft (ct 1), kick R ft (ct 2).

* Kick: This is actually a sharp, short kick of leg from knee forward about six inches and back to parallel position with inactive leg. It might be described as fwd (ct 2) and back to place (ct &).

VARIATION V:

1-4	Same as meas. 1-4 of Variation IV.
5	Step R ft (ct 1), stamp L ft in front of R ft (ct 2).
6	Facing obliquely L, hop on R ft (ct 1), step L ft (ct &), step R ft (ct 2), hold (ct &).
7	Step L ft (ct 1), stamp R ft in front of L ft (ct 2).
8	Step R ft (ct 1), stamp L ft in front of R ft (ct 2).
9	Facing obliquely L, hop on R ft (ct 1), step L ft (ct &), step R ft (ct 2), hold (ct &).
10	Step L ft (ct 1), stamp R ft in front of L ft (ct 2).

I N D E X

<u>Page</u>	<u>Title</u>	<u>Region</u>	<u>Folkraft Record (Band)</u>		<u>Rhythm</u>
	<u>Avano mlada nevesto</u>	Skopje	LP-25	(B-4)	4/4
	<u>Adana</u>	Skopje	LP-24	(A-6)	7/8
	<u>Baba Djurdja</u>	Bitola	LP-15	(A-1)	11/8
	<u>Berance</u>	Eastern	LP-24	(A-1)	2/4
	<u>Berovka</u>	Bitola	LP-15	(B-2)	2/4
	<u>Bufčansko</u>	Bitola	LP-25	(B-5)	7/8+
	<u>Čifte čamče</u>	Skopje	LP-15	(B-3)	9/8
	<u>čučuk</u>	Titov Veles	LP-25	(B-1)	7/8
	<u>čupurlika</u>	Vardar valley	LP-24	(A-2b)	9/8
	<u>Devojče devojče</u>	Skopje	LP-15	(A-3)	3/8
	<u>Dračevka</u>	Lazaropolje	LP-15	(A-2)	2/4
	<u>Džangurica or Skudrinka</u>	Edessa	LP-25	(A-6)	6/8
	<u>Gajda</u>	Kosmet	LP-24	(A-4)	2/4
	<u>Gilanka or Prištevka</u>	Skopje	LP-24	(B-5)	2/4
	<u>Jeni jol</u>	Titov Veles	LP-15	(B-1)	11/8
	<u>Kalajdzisko I</u>	Skopje	LP-24	(B-2)	9/8
	<u>Kalajdzisko II</u>	Macedonia	LP-25	(A-5)	7/8
	<u>Lesnoto</u>	Vardar valley	LP-24	(A-2a)	7/8 + 5/8
	<u>Ne odi Džemo</u>	Edessa	LP-25	(A-3)	11/16
	<u>Patrunino</u>	Skopje	LP-24	(B-4)	13/16
	<u>Postupano</u>	Skopje	LP-15	(B-6)	7/16
	<u>Potrčano</u>	Skopje	LP-15	(B-5)	2/4
	<u>Povrateno or Povračano</u>	Eastern	LP-25	(B-2)	7/16
	<u>Ratevka</u>	Edessa	LP-24	(A-4)	7/16
	<u>Sarakina or Pajduska</u>	Skopje	LP-15	(B-4)	2/4
	<u>Skopska crnogorka</u>	Edessa	LP-15	(A-4)	11/16
	<u>Stankino</u>	Vardar valley	LP-15	(A-5)	2/4
	<u>Staro tikveško</u>	Sveti Nikoli	LP-24	(B-6)	3/4
	<u>Teško krstačko</u>	Vardar valley	LP-25	(A-2)	7/8
	<u>Toska</u>	Edessa	LP-24	(B-3)	7/4
	<u>Trite pati or Tris Fores</u>	Edessa	LP-24	(B-3)	7/4
	<u>U kruševo ogin gori</u>	Krusevo	LP-24	(A-5)	18/16
	<u>U selo tapan čukaše</u>	Skopje	LP-25	(B-3)	14/16
	<u>Zensko krsteno</u>	Skopje	LP-25	(A-1)	13/16

G L O S S A R Y¹

AKIMBO: With the hand on the hip and the elbow turned outward.

CLOSE: Bring one foot beside the other.

FLEX KNEE:

♪ Bend slightly (count 1) and straighten knee (count and).

HOP: Spring off the floor on one foot and land on the same foot, no transfer of weight.

HOP-STEP (RIGHT):

♪ With the weight on right foot, hop on right foot (count 1)

♪ Step on left foot (count 2).

Repeat, reversing footwork, for Hop-Step (Left).

HOP-STEP-STEP (RIGHT):

♪ With weight on right foot, hop on right foot (count 1),

♪ Step on left foot (count and),

♪ Step on right foot (count 2).

Repeat, reversing footwork, for Hop-Step-Step (Left).

JUMP: Spring off the floor and land on both feet.

LEAP: Spring off the floor on one foot and land on the other, both feet off the floor at height of action (which distinguishes a leap from a simple walking step). There is a slight knee bend at beginning and end of action. A series of leaps is a run.

LIFT: Hop, but not quite because ball of foot does not quite leave the floor.

LIFT-STEP: Same as Hop-Step except the hop is not quite a hop because ball of foot does not quite leave the floor.

LIFT-STEP-STEP: Same as Hop-Step-Step except the hop is not quite a hop because ball of foot does not quite leave the floor.

PAS DE BASQUE (RIGHT):

♪ A slight leap sideward right on right foot (count 1),

♪ Close and step on left foot beside right, OR cross and step on left foot slightly in front, or in back, of right (count and),

♪ Step on right foot in place, bending knees slightly (count 2).

Repeat, reversing direction and footwork, for Pas de Basque (Left).

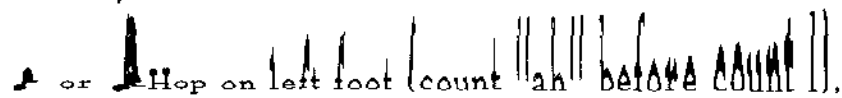
ROCK: Step, but with implication of reversing direction and returning to place on the next step (or rock).

RUNNING TWO-STEP (See Two-Step).

1. For complete discussion and description of basic folk dance steps see: Kulbitsky, Olga and Kaltman, Frank L., Teachers Dance Handbook, Number 1 Newark, N. J., Bluebird Press, 1959.

Glossary, continued

SKIP (RIGHT) or SKIPPING STEP (RIGHT): A Hop-Step in an uneven rhythm pattern:


♩ or ♪ Hop on left foot (count and before count 1),
♩ or ♪ Step on right foot (counts 1-and).
Repeat, reversing footwork, for Skip (Left).

SQUAT-KICK (RIGHT):

♩ Jump, bending both knees deeply, and squat on both feet (count 1),
♩ Rise and leap onto right foot, kicking left foot forward (count 2).
Repeat, reversing footwork, for Squat-Kick (Left).

STAMP: Step, but forcibly and noisily.

STEP: A transfer of weight from one foot to the other.

STEP-BEND (RIGHT):

♩ Step on right foot (count 1),
♩ Bend slightly and straighten right knee (counts and -ah).
Repeat, reversing footwork, for Step-Bend (Left).

STEP-CLOSE (RIGHT):

♩ Step on right foot (count 1),
♩ Close and step on left foot beside right (count 2).
Repeat, reversing footwork, for Step-Close (Left).

STEP-HOP (RIGHT):

♩ Step on right foot (count 1),
♩ Hop on right foot (count 2).
Repeat, reversing footwork, for Step-Hop (Left).

STEP-LIFT (RIGHT): Same as Step-Hop except the hop is not quite a hop because ball of foot does not quite leave the floor.

STEP-SWING (RIGHT):

♩ Step sideward right on right foot (count 1),
♩ Swing left foot across in front of right (count 2).
Repeat, reversing direction and footwork, for Step-Swing (Left).

STEP-TOUCH (RIGHT):

♩ Step on right foot (count 1),
♩ Close and touch left foot beside right without taking weight (count 2).
Repeat, reversing footwork, for Step-Touch (Left).

SWING: Move foot, pivoting leg from the hip.

TOUCH: Place foot without taking weight.

TWO-STEP (RIGHT):

♩ Step on right foot (count 1),
♩ Close and step on left foot beside right (count and),
♩ Step on right foot (count 2), pause (count and).
Repeat, reversing footwork, for Two-Step (Left).

Running Two-Step: Same, except a slight leap on count 1, or on all counts.


KEY TO PRONUNCIATION

The modified Latin alphabet of Yugoslavia has been used for all dance titles in this book. The letters are pronounced generally as follows:

- A - as "a" in "father"
- B - as English "b"
- C - as "ts" in "bets"
- C - as initial "ch" in "church" (hard)
- D - as English "d"
- DJ - as "dg" in "judge" (soft)
- DZ - as "j" in "judge" (hard)
- E - as "e" in "bet" or "men"
- F - as English "f"
- G - as "g" in "gate" (always hard)
- H - as "ch" in German "ich"
- I - as "i" in "machine"
- J - as English "y" in "yes"
- K - as English "k"
- L - as English "l"
- LJ - as "lli" in "million"
- M - as English "m"
- N - as English "n"
- NJ - as "ny" in "canyon"
- O - as "o" in "more"
- P - as English "p"
- R - as English "r", slightly trilled; "r" can take the place of a vowel, as in "krsteno"
- S - as "s" in "sit" (always unvoiced)
- S - as English "sh"
- T - as English "t"
- U - as "u" in "June"
- V - as English "v"
- Z - as English "z"
- Z - as "s" in "pleasure"

ACANO MLADA NEVESTO--Skopje region
(Line dance for couples)

Translation: Acana, Young Bride.

Rhythm: 11/16 () counted 1-and-ah, 2-and, 3-and, 4-and, 5-and, or "slow quick quick quick quick".

Record: Folkraft LP-15 side A band 6 (2:56).

Formation: Open or broken circle, or line, of couples, woman on partner's right.

Starting Position: "V" position. Right foot free.





* * * * *



Music 11/16

Measure

PART I (Music AABB)

- | | | |
|------|--|---|
| 1 |  | Facing slightly and moving right, lift on left foot (count 1),
Step forward on right foot (counts and-ah),
LIFT-STEP (right) forward (counts 2-3),
Turning to face center, leap sideward right on right foot (count 4),
Cross and step on left foot in back of right (count 5). |
| 2 |  | Turning to face slightly left but still moving right, LIFT-STEP (left) backward (counts 1-and), pause (count "ah"),
Continuing, LIFT-STEP (right) backward (counts 2-3),
Turning to face slightly and moving right, two walking steps (right, left) forward (counts 4-5), |
| 3-12 | | REPEAT pattern of measures 1-2 five more times (6 times in all), |

PART II (Music CC)

- | | | | |
|-------|---|--|---|
| | | Release hands, placing left hand akimbo and right hand taking handkerchief (which was stuck in own belt) to wave: |  |
| 13-20 | | Woman: REPEAT exactly the pattern of Part I, measures 1-2 (4 times in all), teasing man with Handkerchief. | |
| 13-20 |  | Following partner, step forward on right foot, bending knees halfway and opening arms, beckoning toward her (count 1),
Step forward on left foot (counts 2-3),
Straightening knees and rising, placing hands akimbo, two walking steps (right, left) forward (counts 4-5);
and REPEAT seven times (8 times in all) | |

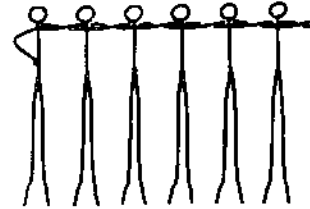
ADANA-- Skopje region

(Line dance for men, no partners)

Translation: a town in Turkey

Starting Position: "T" position. Right foot free.

Record: Folkraft LP-25, side B band 4 (3:38).






* * * * *



Music 4/4

Measure




VARIATION I--Basic with walk (Music AA, 1/2 B)

- 1  Facing slightly and moving right, step forward on right foot, bending left knee to raise left foot across in front of right (counts 1-2) and, REPEAT, reversing footwork (counts 3-4).
2.  Turning to face center, step sideward right on right foot, bending left knee to raise left foot across in front of right (counts 1-2), FLEX right knee twice (counts 3- and 4- and).
- 3  REPEAT pattern of measure 2 reversing direction and footwork.
- 4-5 REPEAT pattern of measures 2-3.

VARIATION II--Kneel (Music 1/2 BB, A)

- 6  Facing slightly and moving right, step forward on right foot, kneeling on left knee (counts 1-2), Continuing, step forward on left foot, kneeling on right foot (counts 3-4).
- 7  Turning to face center, a slight leap on right foot, kneeling on left knee (counts 1-2), With weight on right foot, rise slightly and put left foot in crook of right knee (count 3), Straightening right knee, bend left knee to raise left foot across in front of right (count 4).
- 8-10 As I above, measures 3-5.

VARIATION III--Fast (Music A, BB, AA)

- 11  Facing slightly and moving right, two HOP-STEPS (left, right) forward (counts 1-2 3-4).
- 12  Turning to face center, hop on left foot (count 1), Three leaps (right, left, right) in place (counts 2-4).
- 13 REPEAT pattern of measure 12 reversing footwork.
- 14-15 REPEAT pattern of measures 12-13.
- 16 REPEAT pattern of measure 11.
- 17  Turning to face center, hop on left foot (count 1) Step sideward right on right foot, bending left knee to raise left foot across in front of right (count 2--music slows down here), Flex right knee twice (counts 3- and 4- and).
- 18-20 As I above, measures 3-5.

BABA DJURDJA--Skopje region

(Line dance, no partners)

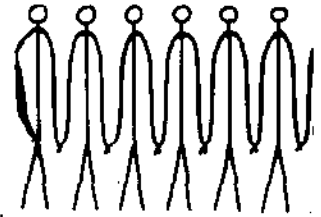
Translation: Gran'ma Georgia.

Rhythm: 7/8 (♩♩♩♩♩) counted 1-and, 2-and, 3, 4-and or

"slow slow quick slow".

Starting position: "V" position. Left foot free.




Record: Folkraft LP-24, side A band 6 (2:22).



* * * * *

Music 7/8


Measure VARIATION I--Basic

- 1  Facing slightly and moving right, two walking steps (left, right) forward (counts 1-2),
Turning to face center, cross and step on left foot in back of right foot (count 3),
Turning to face slightly and moving right, step forward on right foot (count 4).
- 2-3 REPEAT pattern of measure 1 twice (3 times in all).
- 4  Step forward on left foot (counts 1),
Turning to face center, step sideward right on right foot, flexing knee (counts 2- and),
Bend right knee slightly (count 3),
Straighten right knee slightly (count 4), raise right heel slightly (count and),
- 5  Lower right neel (count 1),
Step sideward left on left foot, flexing knee (counts 2- and),
Bend left knee slightly (count 3),
Straighten left knee slightly (count 4), raise left heel slightly (count and).
- 6 REPEAT pattern of measure 5 reversing direction and footwork.
- 7 REPEAT pattern of measure 5.

REPEAT ENTIRE SEQUENCE, except the first step (left) of measure 1 is now merely a lowering of left heel.

VARIATION II



As 1 above except:

- 1  Facing slightly and moving right, a slight leap forward on left foot (count 1),
Step forward on right foot (count 2),
Close and step on left foot beside right (count 3)
Step forward on right foot (count 4);

and measures 4-7 are more vigorous, so the lowering of the heel (count 1), becomes a hop and the sideward step (count 2), becomes a slight leap.

Baba Djurdja, continued

VARIATION III

- 1 As I above
- 2  Step quickly forward on left foot, bending right knee so right foot is in crook of left knee (counts 1-2),
Step forward on right foot (count 3),
Turning to face center, cross and step on left foot in back of right foot (count 4).
- 3  Turning to face slightly and moving right, step quickly forward on right foot, bending left knee so left foot is in crook of right knee (counts 1-2)
Turning to face center, cross and step on left foot in back of right foot (count 3),
Turning to face slightly and moving right, step forward on right foot (count 4).
- 4-7 As I above.

BERANČE-- Bitola region

(Line dance for men, no partners)

Translation: from a town of Berat, Albania.

Rhythm: 11/8 (! . ! ! ! !) counted 1-and-ah, 2-and, 3-and, 4-and, 5-and, or "slow quick quick quick quick".

Starting Position: "V" position. Right foot free.

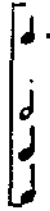


Record: Folkraft LP-15, side A band 1 (2:25).

* * * * *



Music 11/8


Measure

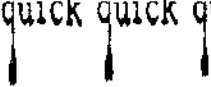
- 1  Raise left heel and bend right knee to raise right foot across in front of left (count 1),
Step sideward right on right foot (counts 2-3),
Step backward on left foot (count 4),
Turning to face slightly and moving right, step forward on right foot (count 5).
- 2  Continuing, step forward on left foot (count 1),
Raise left heel and bend right knee to raise right foot across in front of left (count 2),
Step forward on right foot (count 3),
Touch left toe forward (counts 4-5).
- 3  Lift right heel (count 1),
Turning to face center, step sideward left on left foot (count 2),
Bend left knee (count 3),
Stretching arms to raise hands up as high as possible and turning to face slightly right, keep left foot in place and stamp ball of right foot diagonally backward right, turning body to face slightly right (counts 4-5).

ČUČUK -- Skopje region

(Line dance for men and women separately, no partners)

Translation: probably from the Turkish cucik

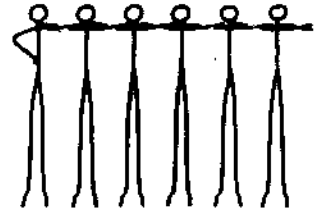
Rhythm: 9/8 () counted 1-and, 2-and, 3-and, 4-and-ah,
or "quick quick quick slow."



Record: Folkraft LP-15, side B band 3 (2:30).

Starting Position: Men in "T" position; women in separate lines
in "V" position. Left foot free.




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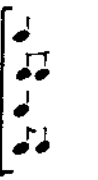

Music 9/8

Measure

VARIATION I-- Basic

- 1  Lift on right foot in place (count 1),
Three steps (left, right, left) in place (counts 2-4).
2. REPEAT pattern of measure 1 reversing footwork.
- 3 REPEAT pattern of measure 1.
- 4  Lift on left foot in place (count 1),
Turning to face slightly and moving right, three walking steps
(right, left, right) forward (counts 2-4).
- 5  Continuing, four walking steps forward starting with left foot,
turning to face center on the last step (counts 1-4).

VARIATION II--for fast part of music

- 1  A slight leap onto right foot in place (count 1),
A quick HOP-STEP (right) in place (counts 2-and),
Step on right foot in place (count 3),
Two quick steps (left, right) in place (counts 4-and), pause
(count "ah").
- 2 REPEAT pattern of measure 1 reversing footwork.
- 3 REPEAT pattern of measure 1.
- 4  Turning to face slightly and moving right, a slight leap forward
on left foot (count 1),
A quick HOP-STEP (left) forward (counts 2-and),
Step forward on left foot (count 3),
A quick HOP-STEP (left) forward (counts 4-and), pause (count "ah").

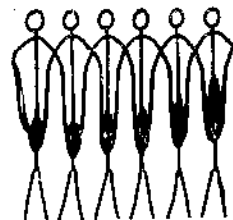
BEROVKA-- Eastern region

(Line dance, no partners)

Translation: from village of Berovo.

Starting Position: Belt hold. Right foot free.

Record: Folkraft LP-24, side A band 1 (2:07).









* * * * *

Music 2/4

Measure

VARIATION I--Basic

- 1 [ Facing slightly and moving right, HOP-STEP-STEP (left) forward (counts 1-and-2).
- 2-3 Continuing, two TWO-STEPS (right, left) forward.
- 4 [ Turning to face center, STEP³-HOP (right) sideward right.
- 5 [ HOP-STEP-STEP (right) sideward left (counts 1-and-2).
- 6 [ STEP-HOP sideward left (counts 1-2).
- 7 [ Cross and a slight leap on right foot in front of left (count 1), Swing left foot around in front (count 2).
- 8 [ Turning to face slightly and moving right, HOP-STEP (right) forward (counts 1-2).

NOTE: The hops of measures 1, 5 and 8 are usually softened to become "lifts".

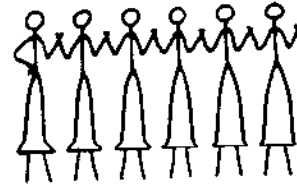
BUFČANSKO-- Bitola region

(Line dance for women, no partners)

Translation: from village of Buf.

Record: Folkraft LP-15, side B band 2 (2:23).

Starting Position: 







* * * * *




Music 2/4

Measure

PART I (Music AA)


- 1  STEP-CLOSE (left) backward (counts 1-and),
Cross and step on left foot in front of right (count 2).
- 2  Step sideward right on right foot (count 1),
Cross and step on left foot in back of right (count and),
Step sideward right on right foot (count 2).
- 3  Turning to face slightly and moving right, three quick walking steps
(left, right, left) forward (counts 1-and-2), pause (count and).
- 4  Turning to face center, step sideward right on right foot (count 1),
Close and step on left foot beside right (count 2).
- 5-8 REPEAT pattern of measures 1-4.

PART II (Music BB)

- 9  STEP-CLOSE (left) backward (counts 1-and),
Step forward on left foot (count 2).
- 10  Cross and step on right foot in front of left (count 1),
Step sideward left on left foot (count and),
Cross and step on right foot in front of left (count 2).
- 11 REPEAT pattern of measure 10 reversing direction and footwork.
- 12  Step sideward right on right foot (count 1),
Close and step on left foot beside right (count 2).
- 13-16 REPEAT pattern of measure 10 reversing direction and footwork.

ČUPURLIKA--Titov Veles region
(Line dance for women, no partners)

Translation: from Cupirli (meaning city on the river), the
Turkish name for the town of Titov Veles.

Rhythm:  counted 1-and-ah, 2-and, 3-and, or
"slow quick quick".

Record: Folkraft LP-25, side B band 1 (2:27).




Starting Position: "W" position.

* * * * *

Music 7/8



Measure

PART I-- Slow

- | | | |
|---|---|---|
| 1 |  | Facing center, lift on left foot, raising right foot slightly off floor (count 1-and),
Step slightly back on right foot (count 2),
Lift on right foot, raising left foot slightly off floor (count and-ah),
Step slightly back on left foot (count 3-and). |
| 2 |  | Lift on left foot, raising right foot slightly off floor (count 1-and),
Step slightly back on right foot (count 2),
Continuing, step back on ball of left foot (count and-ah),
Step (almost a rock) on right foot in place (count 3-and). |
| 3 |  | Lift on right foot, raising left foot slightly off floor (count 1-and),
Cross and step on left foot in front of right foot (count 2),
Step on right foot sideways right (count and-ah),
Step on left foot sideways to right, left foot still crossed in front of right foot (count 3-and). |

PART II-- Fast

NOTE: When the tempo increases, dancers continue the same basic foot pattern with the following changes in counting and rhythm:

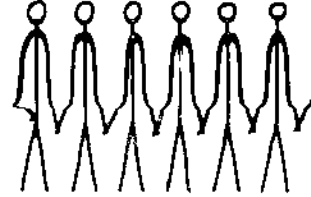
- | | | |
|---|---|--|
| 1 | | Same as measure 1 in Part I only the lifts of count 1-and, 2-and become hops. |
| 2 |  | Step slightly back on right foot (count 1),
Step slightly back on left foot (count 2),
Step on right foot in place (count 3). |
| 3 |  | Cross and step on left foot in front of right foot (count 1),
Step sideways right on right foot (count 2),
Step on left foot sideways right, left foot still crossed in front of right foot (count 3). |

Style Note: There is a special distinctive hip movement which accompanies the footwork of this dance, which should be learned from a native Macedonian or qualified instructor.

DEVOJČE DEVOJČE-- Vardar valley region
(Line dance, no partners)

Translation: Girls, Girls.

Rhythm: 9/8 (♪ ♪ ♪ ♪ ♪) counted 1-and, 2-and-ah, 3-and,
4-and, or "quick slow quick quick".



Record: Folkraft LP-24, side A band 2b ()

Starting Position: "V" position. Left foot free.

* * * * *

Music 9/8
Measure

- 1 This dance is the same as Ne odi Džemo except for change of rhythm to 9/8. It is the second part of the medley, Ne odi Džemo - Devojče devojče.

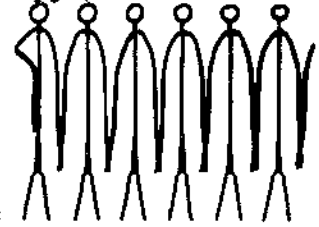
DRAČEVKA--Skopje region

(Line dance, no partners)

Translation: from village of Dračevo (6 miles from Skopje)

Starting Position: "V" position. Right foot free.








Record: Folkraft LP-15, side A band 3 (2:26).





* * * * *

Music 3/8

Measure

- 1  Facing slightly and moving right, a slight leap forward on right foot(counts 1-2),
- 2  Close and step on left foot beside right (count 3).
REPEAT pattern of measure 1.
- 3-4 Two TWO-STEPS (right, left) forward.
- 5  Turning to face center, leap slightly forward on right foot (counts 1-2-3).
- 6  Point left toe forward (counts 1-2-3).
- 7  Two small hops on right foot (counts 1-2),
 Step backward on left foot (count 3).
- 8-10  REPEAT pattern of measures 5-7

VARIATION

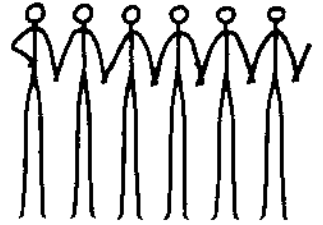
- 1-7 As above
- 8  Three quick steps (right, left, right) in place (counts 1-3).
- 9-12  REPEAT pattern of measures 5-8 reversing footwork.

DŽANGURICA or SKUDRINKA-- Lazaropolje region

(Line dance, no partners)

Translation: from village of Džangurica or village of Skudrinje.

Record: Folkraft LP-15, side A band 2 (1:57).



Starting Position: ||V|| position. Left foot free.

* * * * *

Music 2/4

Measure

- 1-3 With left foot slightly forward touch heel (count 1), toe (count 2), heel (count 3), toe (count 4), heel (count 5), pause (count 6).
- 4 [♩♩] LIFT-STEP (right) in place (counts 1-2).
- 5-8 REPEAT pattern of measures 1-4 reversing footwork.
- 9 [♩] With weight on right foot click left foot sharply against side of right (count 1), pause (count 2).
- 10 [♩♩] LIFT-STEP (right) in place (counts 1-2).
- 11 [♩] REPEAT pattern of measure 9 reversing footwork.
- 12 [♩] LIFT on left foot in place (count 1),
[♩] Turning to face slightly and moving right, STEP forward on right foot (count 2).
- 13-
- 14 [♩♩♩♩] Continuing, two LIFT-STEPS (right, left) forward, turning to face center on the last step.

NOTES: Free knee is raised (thigh about 45° to ground) on the lift. As tempo increases the lifts tend to become hops.

GAJDA-- Edessa (Greece) region
(Line dance, no partners)

Translation: Bagpipe







Record: Folkraft LP-25, side A band 6 (3:08).

Starting Position: "V" position. Right foot free.

* * * * *

Music 6/8

Measure

- 1  Facing slightly and moving right, step forward on right foot (count 1),
 Step forward on left foot (count 2).
- 2  Turning to face center, step sideward on right foot (count 1),
 Swing left leg across in front of right, hopping slightly on right
foot (count 2).
- 3  Step sideward on left foot (count 1),
 Swing right leg across in front of left, hopping slightly on left
foot (count 2).

VARIATION for measure 1: Facing slightly and moving right, one
HOP-STEP-STEP (Left).

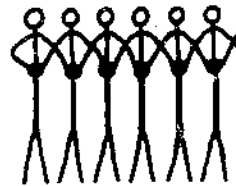
NOTE: This is the Aegean Macedonian version of the common
Macedonian dance, Lesnoto.

GILANKA or PRIS^hTEVKA -- Kosmet
 (Line dance for men, no partners)

Translation: from Gilani or Pristina, towns in Kosmet,
 Yugoslavia.



Record: Folkraft LP-24, side A band 4 (3:11).

Starting Position: Belt hold. Right foot free.



* * * * *

Music 2/4
 Measure

- 1-2 Facing slightly and moving right, two LIFT-STEPS* (left, right, forward)
- 3 Turning to face center, one LIFT-STEP (left) in place.
- 4  Raise left knee, swinging left foot in front of right leg. (count 1),
 Straighten left knee, touching left toe front and sideways left (count 2).
- 5 ~ One LIFT-STEP (right) in place.
- 6  Raise right knee, swinging right foot in front of left leg (count 1),
 Straighten right knee, touching right toe in front and sideways right. (count 2).
- 7 One LIFT-STEP (left) in place.
- 8-10 Same as measure 4, 5, 6.

* LIFT-STEP (right): Lift on right foot, raising left knee and swinging left foot across and front of right leg (count 1), Step on left foot in place (count 2). SEE ALSO GLOSSARY.

JENI JOL--Skopje region

(Line dance for women, no partners)

Translation: a (Moslem) man's name.
Starting Position: "V!" position. Right foot free.
Record: Folkraft LP-24, side B band 5 (3:13).



* * * * *

Music 2/4

Measure

VARIATION I

- | | | |
|---|---|--|
| 1 | [| Facing slightly and moving right, touch right foot forward without taking weight (count 1), |
| |] | Step forward on right foot (count 2). |
| 2 | | REPEAT pattern of measure 1 reversing footwork. |
| 3 | | REPEAT pattern of measure 1. |
| 4 | [| Turning to face center, cross and step on left foot in back of right (count 1), |
| |] | Step sideward right on right foot (count 2). |
| 5 | [| LIFT on right foot, swinging left foot forward (count 1), |
| |] | Step backward on left foot (count 2). |
| 6 | [| Close and step on right foot beside left, OR step slightly backward on right foot (count 1), |
| |] | Turning to face slightly and moving right, step forward on left foot (count 2). |

VARIATION II

- | | | |
|-----|---|---|
| 1-3 | | Facing slightly and moving right, three running two-steps (right, left, right) forward. |
| 4 | [| Turning to face center, rock forward on left foot (count 1), |
| |] | Rock backward on right foot in place (count 2). |
| 5 | [| Hop on right foot, bending and raising left knee (count 1), |
| |] | Step backward on left foot (count 2). |
| 6 | | As 1 above. |



KALAJDŽISKO I -- Titov Veles region
(Line dance, no partners, men and women in separate lines)

Translation: Dance of the Brass Cleaners' Guild.

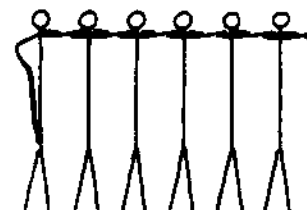
Rhythm: 11/8 (♪ ♪ ♪ ♪ ♪) counted 1-and, 2-and,
3-and-ah, 4-and, 5-and, or "quick quick slow

quick quick".

Record: Folkraft LP-15, side B band 1 (2:16).

Starting Position: Men in "T" position; women in "V" position. Left knee bent and right foot free.

* * * * *



Music 11/8
Measure

VARIATION I




1		<p>Lift: Facing slightly and moving right, bend right knee to cross right foot in front of left leg, straightening left knee (count 1), and bending it slightly (count and), Step forward on right foot (count 2), Lift Bend left knee to cross left foot in front of right leg, straightening right knee (counts 3-and) and bending it slightly (count "ah"), Lift: With left foot still crossed in front of right leg, straighten right Knee (count 4) and bend it slightly (count and), Step forward on left foot (count 5).</p>
2		<p>Rock backward on right foot, bending knee slightly (count 1), Rock forward on left foot (count 2), Lift: Bend right knee to cross right foot in front of left leg straightening left knee (counts 3-and) and bending it slightly (count "ah"), Step forward on right foot, turning to face center (count 4), Turning to face center, LIFT* (right) bending left knee to cross left foot in front of right leg (counts 5-and).</p>
3		<p>Point left toe across in front of right foot (counts 1-2), Point left toe diagonally forward left (count 3), Point left toe across in front of right foot (counts 4-5).</p>
4		<p>Close left foot beside right and pivot on balls of both feet, moving both heels right (counts 1-2), Pivot on balls of both feet, moving both heels left (count 3), Pivot on balls of both feet, moving both heels to place (counts 4-5).</p>

NOTE: Kalajdzisko II (Part I) is identical except for the rhythm count.

Kalajdžisko I, continued

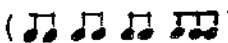
*LIFT LEFT: With left knee bent slightly, straighten knee (count 1) and bend it slightly (count and). Sometimes the left heel is raised slightly (count 1) and lowered (count and). Repeat, reversing footwork, for Lift Right.

VARIATION II- Kneel

- 1 As I above.
- 2  Turning to face center, step sideward right on right foot (count 1),
Cross and step on left foot in back of right (count 2),
Step sideward right on right foot (count 3),
Cross and step on left foot in back of right (counts and-ah),
Step sideward right on right foot (counts 4-5).
- 3  Keeping right foot in place, step backward on left foot and kneel
on left knee (counts 1-2),
Rise, weight still on right foot, and point left toe diagonally
forward left (count 3),
Point left toe across in front of right foot (counts 4-5).
- 4  As I above.

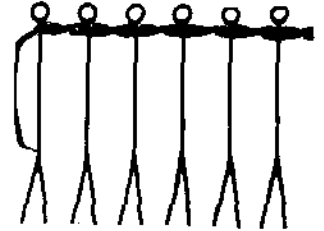
KALAJDŽISKO II - Skopje region
(Line dance for men, no partners)

Translation: Dance of the Brass Cleaners' Guild.

Rhythm: 9/8 () counted 1-and, 2-and, 3-and, 4-and-ah, or "slow slow slow quick slow".

Starting Position: "T" position. Left knee bent and right foot free.

Record: Folkraft LP-24, side B band 2 (2:45).





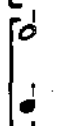


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Music 9/8

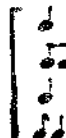

Measure

PART I--Slow

1		Lift: Facing slightly and moving right, bend right knee to cross right foot in front of left leg, straightening left knee (count 1) and bending it slightly (count and), Step forward on right foot (count 2),
2		Lift: Bend left knee to cross left foot in front of right leg, straightening right knee (count 3) and bending it slightly (count and), Step forward on left foot (counts 4-and-ah).
3		Rock backward on right foot, bending knee slightly (count 1) Rock forward on left foot (count 2), Lift: Bend right knee to cross right foot in front of left leg, straightening left knee (count 3) and bending it slightly (count and), Step forward on right foot, turning to face center (counts 4-and-ah).
4		Point left toe across in front of right foot (counts 1-2), Point left toe diagonally forward left (count 3), Point left toe across in front of right foot (count 4).
5		Close left foot beside right and pivot on balls of both feet, moving both heels right (counts 1-2), Pivot on balls of both feet, moving both heels left (count 3), Pivot on balls of both feet, moving both heels to place (count 4).

NOTE: This is identical to Kalajdzisko I (Variation I) except for the rhythm count.

PART II--Fast

Releasing hands, turn to face right in single file:		
1		Hop on left foot (count 1) HOP-STEP (left) forward (counts 2-and), Step forward on left foot (count 3), HOP-STEP (left) forward (counts 4-and), pause (count "ah").
2		REPEAT pattern of measure I, reversing footwork and also turning to face center on the step (right) of count 3.

Kalajdžisko II, continued

3		♩	Jump forward on both feet together and squat, hands straight out in front (counts 1-2),
		♩	Stand up and jump on both feet apart (count 3),
4		♩	Jump on both feet together (count 4).
		♩	Pivot on balls of both feet, moving heels to right (count 1),
		♩	Pivot on balls of both feet, moving heels to left (count 2),
		♩	Pivot on balls of both feet, moving heels to right (count 3),
		♩	Pivot on balls of both feet, moving heels to left (count 4).

NOTE: This is danced at Eastertime. The women bring in their plates to be cleaned. The jump and squat of Part II measure 3 depicts jumping into the kettles, and the heel-moving of measure 4 depicts the cleaning.

LESNOTO or LESNO
(Line dance, no partners)

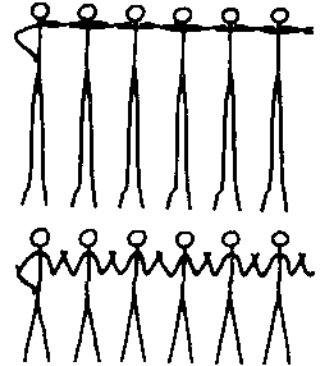
Translation: Easy or Light (as in the feeling of the dance).

Rhythm: 7/8 (!.!!) counted 1-and-ah, 2-and, 3-and, or
"slow quick quick". **NOTE:** Actually at the slow

beginning of this particular recording the rhythm is 8/8 (!.!!) and becomes 7/16 (!.!!) when it speeds up at the end.

Record: Folkraft LP-25, side A band 5 (2:44).

Starting Position: "T" or "W" position. Right foot free.






Music 7/8


* * * * *

Measure


VARIATION I--Basic dance

- 1  Facing slightly and moving right, step forward on right foot (count 1), Step forward on left foot (counts 2-3).
- 2  Turning to face center, step sideward right on right foot (count 1), Point left toe slightly forward (counts 2-3).
- 3  REPEAT pattern of measure 2 reversing direction and footwork.


VARIATION IIa for measure 1

- 1  Facing slightly and moving right, step forward on right foot, bending knee slightly (counts 1-and) and straightening it (count "ah"), Touch left foot forward without taking weight, flexing right knee (counts 2-and), Take weight on left foot, flexing left knee (counts 3-and).


VARIATION IIb (Men) for measure 1

- 1  As above except release hands and, crouching slightly, turn clockwise once around while moving right.


VARIATION IIIa for measure 2

- 2  Turning to face center, step sideward right on right foot (count 1), Swing left leg, knee bent, across in front of right (counts 2-3). Men raise foot high, women low.

VARIATION IIIb for measure 2

- 2  As IIIa except bend right knee slightly (counts 1-and) and straighten it (count "ah"), Again flex right knee, twice (counts 2-and 3-and).

VARIATION IIIc for measure 2--Kneel (Men)

- 2  Step forward on right foot and kneel on left knee (counts 1-2), Rise and pivot on ball of left foot to face slightly left (count 3).

VARIATION IV

As IIa above

Lesnoto, continued

2-3 As IIIc
4 [♪. Swing right foot around behind and tuck it in crook of left knee
 [♪! (count 1),
 A small STEP-CLOSE (right) (counts 2-3).

NOTE: This is a choreographed version popular in the U. S. A.

NOTE: Lesnoto is danced mostly by men and women together, though the men's variations are normally danced only when men are in their own separate line.

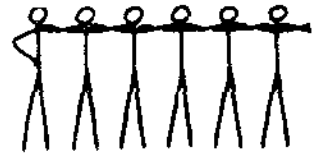
This six-count dance of walk-walk-step-point-step-point (or "swing" instead of "point") is known in every Balkan country, by all sorts of names and to several different rhythms. It is danced all over Greece ¹ as Hasapikos or Hasaposervikos; in the islands Greeks dance it as Ikarotikos, Kythiraikos or Samiotikos, and near the Yugoslav border they dance it as Gaida (slow 2/4) and Grondon; in Pontos they dance it as Paipourt (10/8).

In Romania and Israel the dance is called the Hora. It is well known in Turkey. And the Assyrian ² people of northwestern Iran dance it as Hoberban (6/8), Janiman (3/4 or 10/8) and Janiman kavrah (2/4), etc.

POSTUPANO--Skopje region
(Line dance for men and women separately, no partners)

Translation: Gradual

Rhythm: 13/16 (♩ ♩ ♩ ♩ ♩ ♩) counted 1-and, 2-and,



3-and 4-and-ah, 5-and, 6-and,

Record: Folkraft LP-24, side D band 7 (4.13).

Starting Position: Men in "T" position; women in sp... lines, each with right arm hooked in neighbor's crooked left elbow. Right foot free.




* * * * *


Music 13/16

Measure


VARIATION I-- Women's steps

- 1  Lift on right foot (counts 1-2),
Step on left foot slightly sideward left (count 3),
Cross and step on right foot directly in front of left (counts 4-5),
Step back on left foot in place (count 6).


NOTE: Pattern of counts 3-6 is a sort of PAS DE BASQUE.

- 2 REPEAT pattern of measure 1 reversing direction and footwork.
3 REPEAT pattern of measure 1.
4  Turning to face slightly and moving right, lift on left foot (counts 1-2),
Step forward on right foot (count 3)
Lift on right foot (counts 4-5)
Step forward on left foot (count 6).

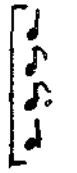


VARIATION II--Men's steps

- 1  Lift on right foot (counts 1-2),
Step on left foot slightly sideward sideward left (count 3),
Swing right foot forward (count 4),
Bend left knee slightly, also bend right knee to swing right foot across in front of left (count 5),
Straighten left knee (count 6),
2 REPEAT pattern of measure 1 reversing direction and footwork
3 REPEAT pattern of measure 1.

Positano, continued

- 4  Turning to face slightly and moving right, lift on left foot (counts 1-2),
Step forward on right foot, bending and raising left knee high (count 3),
Lift on right foot (counts 4-5),
Step forward on left foot, bending and raising right knee high (count 6).

VARIATION III--Fast (Men)

- 1  Lift on right foot, bending and raising left knee slightly (counts 1-2),
Step on left foot in place beside right (count 3),
Cross and step on right foot directly in front of left (count 4),
Step back on left foot in place (counts 5-6).
2 REPEAT pattern of measure 1 reversing direction and footwork.
3 REPEAT pattern of measure 1.
4  Turning to face slightly and moving right, hop on left foot (count 1),
Lift on left foot (count 2),
Step forward on right foot (count 3),
A slight leap forward on left foot (count 4),
Lift-step (left) forward (counts 5-6).
5  A slight leap forward on left foot (count 1),
Lift-step (left) forward (counts 2-3),
Turning to face center, cross and step on left foot directly in front of right (count 4),
Step back on right foot in place (counts 5-6).

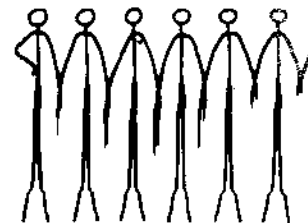
POTRČANO-- Skopje region

(Line dance, no partners)

Translation: Hurrying

Rhythm: 7/16 (♩.♩♩) counted 1-and, 2-and, 3-and-ah,

or "slow quick quick",



Record: Folkraft LP-15, side B Dance 6 (2:12)

Starting Position: "V" position. Right foot free.

* * * * *

Music 7/16

Measure

VARIATION I-- Basic

- 1-2 Facing slightly and moving right, two HOP-STEP-STEPS (left) forward.
- 2-3 Continuing, two TWO-STEPS (right, left) forward.
- 5 ♩.♩ Continuing, STEP-HOP (right) forward (counts 1 2-3).
- 6-7 Turning to face slightly and moving left, two HOP-STEP-STEPS (right) forward.
- 8-10 Turning to face center, three STEP-HOPS (left, right, left) in place.

NOTE: All hops are so slight as to be almost "lifts".

VARIATION II-- Squat-kick (Men)

- 1-10 As I above except SQUAT-KICK instead of STEP-HOP during measures 5 and 8-10.

VARIATION III-- Turn

- 1-10 As I above except release hands and turn counterclockwise twice around while moving left during measures 6-7.

RATEVKA-- Eastern region
(Line dance, no partners)

Translation: from village of Ratevo,

Rhythm: 7/16 (!!! !! !!!) counted 1-and-ah, 2-and, 3-and,
or "slow quick quick!"

Record : Folkraft LP-25, side B band 2 (2:10).

Starting Position: Belt hold. Right foot free.



+ + + + + + + + + + + +

Music 7/16

Measure

- | | | |
|---|--|--|
| [| Facing slightly and moving right, a quick hop on left foot (count "and" before count 1), | |
| 1 | [| Continuing, step forward on right foot (count 1), |
| 2 | [| Continuing, step forward on left foot (counts 2-3). |
| 3 | [| Continuing, three steps (right, left, right) forward, in rhythm (counts 1-2-3). |
| 4 | [| Continuing, step forward on left foot, bending knee emphatically (count 1),
Turning to face center, step sideward right on right foot (count 2),
Cross and step on left foot in back of right (count 3). |
| 5 | [| Step sideward right on right foot (count 1),
Cross and step on left foot in front of right (count 2),
Step back on right foot in place (count 3). |
| 6 | [| Step on left foot in place (count 1),
Hop on left foot, swinging right foot around in back (count 2),
Cross and step on right foot in back of left (count 3). |
| 7 | [| Step sideward left on left foot (count 1),
Hop on left foot, swinging right foot around in back (counts 2-3). |
| 8 | [| Cross and step on right foot in back of left (count 1),
Cross and step on left foot in back of right (count 2),
Close and step on right foot beside left (count 3). |
| 9 | [| Step forward on left foot (count 1),
Hop on left foot, swinging right foot across in front (counts 2-3). |

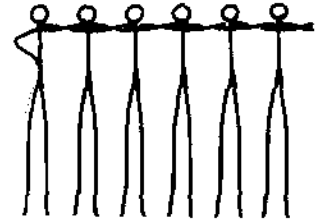
POVRATENO or POVRAČANO--Skopje region

(Line dance for men, no partners)

Translation: Returning or Repeating

Record: Folkraft LP-15, side B band 5 (2:17).

Starting Position: "T" position. Right foot free.




* * * * *

Music 2/4

Measure

VARIATION I

- 1-3 Facing slightly and moving right, three HOP-STEPS (left, right, left), raising free knee high on the hop.
- 4  Rock forward on left foot (count 1),
Rock back on right foot in place (count 2).
- 5-8 REPEAT pattern of measures 1-4 reversing direction and footwork.

VARIATION II

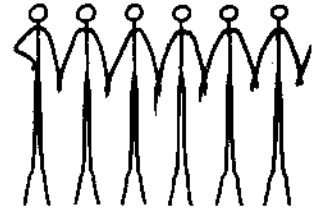
- 1-8 As I above except with two TWO-STEPS (right, left) during measures 1-2 and the same (left, right) during measures 5-6.



SARAKINA or PAIDUSKA --Edessa (Greece) region
(Line dance, no partners)

Translation: a mountain (range).

Rhythm: 7/16 (♪♪♪ ♪♪ ♪♪) counted 1-and-ah, 2-and-3-and,
or "quick slow".







Record: Folkraft LP-25, side A band 4 (2:22).

Starting Position: "V" position. Left foot free.

* * * * *

Music 7/16
Measure

- 1  Hop on left foot, swinging right foot low across in front (count 1),
Turning to face slightly and moving right, step forward on right
foot (counts 2-3),
- 2  Hop on right foot, bending and raising left knee high (count 1),
Step forward on left foot (counts 2-3).
- 3 REPEAT pattern of measure 2 reversing footwork.
- 4  A low leap forward on left foot (count 1),
Step forward on right foot (counts 2-3).
- 5-6 REPEAT pattern of measure 4 twice (3 times in all).
- 7  Turning to face center, hop on right foot, swinging left foot low
across in front (count 1),
Step on left foot in place (counts 2-3).
- 8 REPEAT pattern of measure 7 reversing footwork.
- 9 REPEAT pattern of measure 7.

STANKINO -- Edessa (Greece) region
(Line dance, no partners)

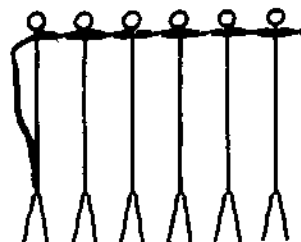
Translation: Derived from Ganka, a girl's name.



3-and-an (!), 4-and-3-and (!).

Record: Folkraft LP-15, side A, band 4 (2:48).

Starting Position: "T" position. Right foot free.



* * * * *

Music 11/16

Measure

VARIATION I-- Warming up

- | | | |
|---|--|---|
| 1 | | Facing slightly and moving right, step-bend forward on right foot (counts 1-2), |
| | | Continuing, step forward on left foot (counts 3-5), |
| 2 | | Turning to face center, step sideward right on right foot (counts 1-2), |
| | | Touch ball of left foot slightly forward (counts 3-5). |
| 3 | | Step slightly diagonally backward left on left foot (counts 1-2), |
| | | Close and touch ball of right foot beside left (counts 3-5). |

NOTE: Continue "2" "warming up" until music speeds up and leader changes the step.

VARIATION II--The Dance



In "V" position:

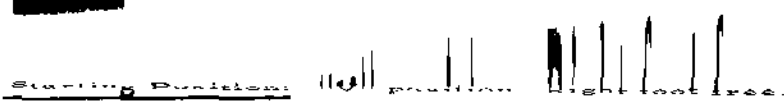
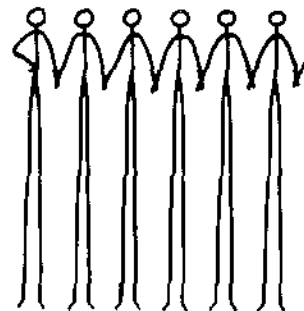
- | | | |
|---|--|---|
| 1 | | Facing slightly and moving right, step forward on right foot (counts 1-2), |
| | | Hop on right foot, raising left knee slightly (count 3),
Step forward on left foot (counts 4-5). |
| 2 | | Step forward (sometimes this is a skip) on right foot (counts 1-2), |
| | | Step forward on left foot (count 3),
Turning to face center, a quick STEP-CLOSE sideward right (counts 4-5). |
| 3 | | Turning to face slightly and moving right, step forward on right foot (counts 1-2), |
| | | Continuing, step forward on left foot (count 3),
Two quick hops on left foot (count 4-5). |

NOTE: Leader flourishes handkerchief.

SKOPSKA CRNOGORKA--Skopje region
(Line dance, no partners)

Translation: Crnogora (literally, "Black Mountain") is a mountain near Skopje:

Record: Folkraft LP-15, side B band 4 (2:31).



* * * * *

Music 2/4
Measure

VARIATION I

- 1-2 Facing slightly and moving right, two LIFT-STEP-STEPS (left) forward.
- 3 Turning to face center, STEP-SWING (right).
- 4 Turning to face slightly and moving left, LIFT-STEP-STEP (right) forward.
- 5 Turning to face slightly right but still moving left, LIFT-STEP-STEP (right) backward.
- 6 Three quick steps (left, right, left) in place (counts 1-and-2).

VARIATION II

- 1-6 As I above except HOP-STEP-STEP instead of LIFT-STEP-STEP on measures 1-2 and 4-5, and hop on right foot while swinging left across (count 2 of measure 3).


VARIATION III

- As I or II above except:
- 1-2 Facing slightly and moving right, two small TWO-STEPS (right, left) forward.


VARIATION IV

- As I or II above except:
- 1 Cross and a quick step on ball of right foot in front of left (count "ah" before count 1),
Step sideward right on left foot (counts 1-and),
 Cross and a quick step on ball of right foot in back of left (count "ah"),
 Step sideward right on left foot (counts 2-and),
 Cross and a quick step on ball of right foot in front of left (count "ah").

Skopska Crnogorka, continued

- 2  Step sideward right on left foot (counts 1-and),
Cross and a quick step on ball of right foot in back of left
(count "ah"),
Step sideward right on left foot (counts 2-and).

VARIATION V--Men's

- 1-3  Facing slightly and moving right, squatting halfway so knees
are bent, five walking steps forward starting with right foot
and turning body quickly in direction of each step (counts 1-5),
pause (count 6).
4-6 Turning to face center, three SQUAT-KICKS (right, left, right),.

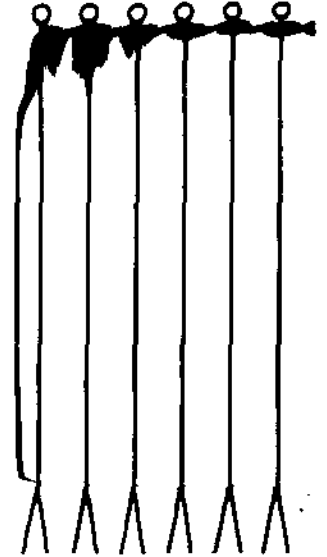
VARIATION VI--Turns

- 1-6 As I or II except turning clockwise twice around during measures
1-2, and/or counterclockwise twice around during measures
4-5.

STARO TIKVEŠKO--Vardar valley region
 (Line dance for men, no partners)

Translation: Staro means old; Tikves is a region near the Vardar valley region.

Record: Folkraft LP-15, side A band 5 (2:41)



Starting Position: "T" position. Right foot free.

Music 2/4
 Measure

PART Ia-- Slow (Music AA)

- | | | |
|-----|--|--|
| 1 | | Facing slightly and moving right, step forward on right foot (count 1),
Swing left foot forward (count and),
Bend left knee so left ankle rests on right shin (count 2). |
| 2 | | Swing hips and left knee to left and return, flexing right knee
(counts 1-and),
and REPEAT (counts 2-and) |
| 3-4 | | REPEAT pattern of measures 1-2 reversing footwork. |
| 5-8 | | REPEAT pattern of measures 1-4. |

PART Ib-- (Music BB)




- | | | |
|-------|--|--|
| 9 | | Turn to face center, step sideward right on right foot (count 1),
Step backward on left foot and kneel on left knee (count 2), |
| 10 | | Kneel on right knee beside left (count 1),
Raise left knee so thigh is parallel to floor, placing left foot forward (count 2), |
| 11-12 | | Rise, straightening knees, weight on left foot (count and).
REPEAT pattern of measures 9-10.
REPEAT ENTIRE SEQUENCE of Part Ia-b twice (3 times in all). |

PART IIa-- Fast (Music AA)

- | | | |
|-----|--|---|
| 1-2 | | Hop on left foot, bending and raising right knee (count 1),
Three running steps in place (counts 2-4). |
| 3-4 | | REPEAT pattern of measures 1-2 reversing direction and footwork. |
| 5-8 | | REPEAT pattern of measure 1-4. |

PART IIb--Fast (Music BB)

Staro tikveško, continued

- 10  Hop on left foot, bending and raising right knee high (count 1),
Cross and a large step on right foot in front of left (count and),
Leap forward on left foot (count 2),
Close and step on right foot beside left, and squat, bending
both knees deeply and placing both hands forward on ground (count and).
- 11  With hands in place, jump to land on balls of both feet and extend
body straight backward, knees straight, twisting body so right
hip is down (count 1),
Twist body so left hip is down (count 2).
- 12  Twist body so right hip is down (count 1),
With hands in place, jump forward on both feet to squat in a
frog-like position (count 2),
Rise, straightening both knees.
REPEAT ENTIRE SEQUENCE of Part IIa-b twice (3 times in all).

PART IIIa (Music AA, AA, BB)

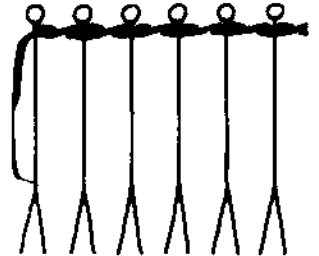
- 1-8 As IIa above except moving backward
9-24 REPEAT pattern of measures 1-8 twice except facing slightly and
moving right.

TOSKA--Vardar valley region
(Line dance for men, no partners)

Translation: a man's skirt.

Rhythm: 7/8 (♪ ♪ ♪ ♪) counted 1-and, 2-and, 3, 4-and,

or "slow slow quick slow"



Record: Folkraft LF-25, side A band 2 (2:34).

Starting Position: "T" position. Left foot free.

* * * * *

Music 7/8

Measure

- | | | |
|---|--|---|
| 1 | | Lift on right foot in place (count 1),
Step slightly left on left foot (count 2),
Cross and step on right foot directly in front of left (count 3),
Step back on left foot in place (count 4). |
| 2 | | REPEAT pattern of measure 1 reversing direction and footwork. |
| 3 | | REPEAT pattern of measure 1. |
| 4 | | Lift on left foot (count 1),
Turning to face slightly and moving right, step forward on right foot (count 2),
A slight leap forward on left foot (count 3),
Step forward on right foot (count 4). |
| 5 | | A high leap forward on left foot (count 1),
Step forward on right foot (count 2),
A slight leap forward on left foot (count 3),
Still facing slightly right but moving left, a slight leap backward on right foot, turning to face center (count 4). |

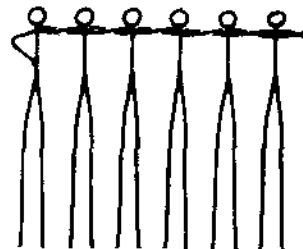
NOTE: When tempo speeds up at the end dancers release hands and form individual solo leaps, squats, etc. Note also this dance is similar to Zensko krsteno.

TEŠKO KRSTAČKO -- Sveti Nikoli region
(Line dance for men, no partners)

Translation: Heavy Crossing.

Record: Folkraft LP-24, side B band 6 (2:37).

Starting Position: "T" position.



* * * * *

Named "Heavy Crossing Dance" because of the heaviness expressed in the style, steps, and facial expression of the dancers. Characteristic of dances from Ovce Polje, it is danced at festivals, weddings and holidays.

ČIFTE ČAMČE-- Bitola region
(Line dance for men, no partners)

Translation: Dance in pairs

Rhythm: 7/8 (♩.♩♩) but with much improvisation and variation in tempo, even within the individual measures.

Record: Folkraft LP-25, side B band 5 (4:18).


Starting Position: Hands joined about shoulder level and slightly forward, left elbow straight and right elbow bent.

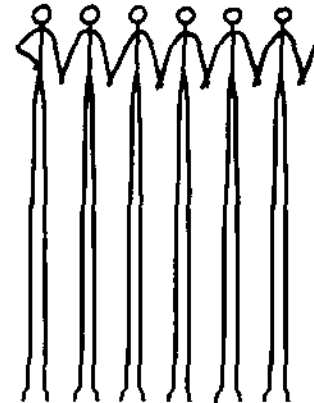
* * * * *

A war dance for men in pairs originating in 1904 depicting the movements of battle. In the first choreographic form the dancers follow the beats of the drum with slow turns, foot waverings and knee bends while the zurla player improvises on the melody. Later, the melody is defined and the men dance in pairs mocking hand to hand combat.

TRITE PATI or TRIS FORES-- Edessa (Greece) region
 (Line dance, no partners)

Translation: Three Steps or Three Times


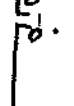
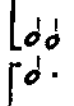
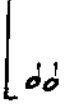

Rhythm: 7/4 () counted 1-2-3-, 4-5, 6-7.



Starting Position: "V" position. Left foot free.

* * * * *


Music 7/4
 Measure

- | | | |
|---|---|---|
| 1 |  | Step on left foot in place, bending right knee to swing foot across in front of left leg (counts 1-2), bend left knee slightly (count 3), STEP-CLOSE sideward right (counts 4-5), Step sideward right on right foot (counts 6-7). |
| 2 |  | Turning to face slightly and moving right, step forward on left foot, bending right knee to swing foot across in front of left leg (counts 1-2-3), |
| 3 |  | Two walking steps (right, left) forward (counts 4-5 6-7), |
| |  | Turning to face center, step sideward right on right foot, bending left knee and swinging left foot across in front of right (counts 1-2-3), |
| |  | Turning to face slightly and moving left, two walking steps (left, right) forward (counts 4-5 6-7). |

NOTE: When tempo increases the walking steps of measures 2 and 3 become skips and there are small jumps on both feet (count 1 of measures 1 and 3) as free knee is raised (count 3).

U KRUŠEVO OGIN GORI--Krusevo region
 (Line dance for men, no partners)

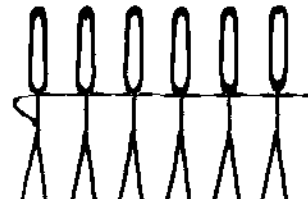
Translation: A Fire is burning In Krusevo.

Rhythm: 18/16 () counted 1-and, 2-and, 3-and-ah,

4-and. 5-and. 6-and-ah. 7-and. 8-and.

Record: Folkraft LP-24, side A band 5 (2:39).

Starting Position: "T" position. Right foot free.


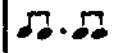


* * * * *

Music 18/16

Measure

VARIATION I

- | | | |
|---|---|--|
| 1 |  | <p>Facing slightly and moving right, step on right foot forward.
 Step on left foot forward.
 Step on right foot, leaning forward and left knee with foot behind.
 Continue to bend knee, bringing left foot higher in back and bending slightly deeper.
 Swing left foot forward and up, bending left knee again and straightening body.
 Swing left foot across and in front of right leg.</p> |
| 2 |  | <p>As measure 1, only with opposite footwork.</p> |

VARIATION II

Same as Variation I, only steps are done in place facing forward.

NOTE: In Macedonia the leader of the line calls the changes from Variation I to Variation II freely. Folk dancers in the U.S. may either do the same or set a number of times to do each variation. Recommended sequence: Four measures each.

ZENSKO KRSTENO--Skopje region
 (Line dance for women, no partners)

Translation: Woman's cross (step).

Rhythm: 13/16 () counted 1-and-ah (!.),

2-and-3-and (!), 4-and (!), 5-and-6-and (!),


Record: Folkraft LP-25, side A band 1 (1:58).

Starting Position: "W" position. Left foot free.





* * * * *

Music 13/16
 Measure

1  Lift on right foot (count 1),
 Step slightly left on left foot (counts 2-3),
 Cross and step on right foot directly in front of left (count 4),
 Step back on left foot in place (counts 5-6).

NOTE: Pattern of counts 2-4 is a sort of PAS DE BASQUE


2 REPEAT pattern of measure 1 reversing direction and footwork.
 3 REPEAT pattern of measure 1.

4  Lift on left foot (count 1),
 Turning to face slightly and moving right, step forward on right foot (counts 2-3),
 A small quick leap forward on left foot, then
 A small quick step forward on right foot (count 4),
 A small quick leap forward on right foot (count 5),
 A small quick step forward on right foot (count and), pause (count 6).
 5  Step forward on left foot (count 1),
 Turning to face center, step slightly right on right foot (counts 2-3),
 Cross and step on left foot directly in front of right (count 4),
 Step back on right foot in place (counts 5-6).

NOTE: This dance is similar to Toska

U SELO TAPAN CUKASE--Skopje region
(Line dance for men and women separately, no partners)

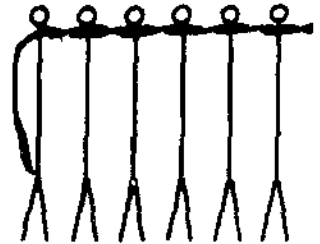
Translation: The Tapan (Big Drum) Is Beating in The Village

Rhythm: 14/16 () counted 1-and-ah, 2-and, 3-and-ah, 4-and-ah, 5-and-ah, or "slow quick slow"



Record: Folkraft LP-25, side B band 3 (2:16).

Starting Position: Men in "T" position; women in separate lines in "V" position. Left foot free.



* * * * *

Music 14/16
Measure

1-3 Same steps as Ne Odi Dzemo (page) except for longer ("slow") counts 3 and 5.

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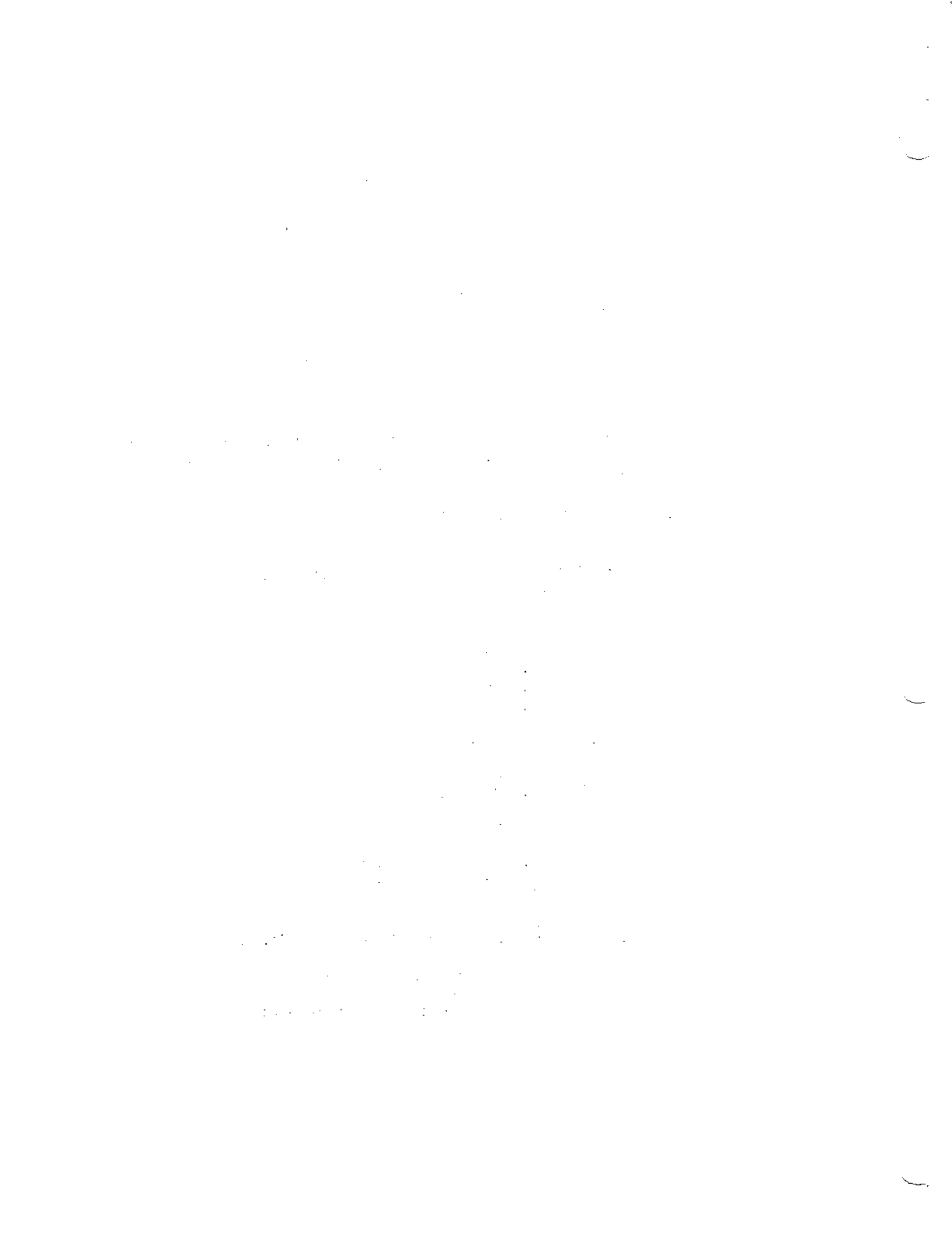
1. Tresenica
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1. Epirotiko Kalamatiano
2. Dritikos Syrtos

For further information please address inquiries to:

Slavjani Folklore Society
18 Wilder
San Francisco 31, California



ELENINO HORO
(Bulgarian)

Source: Learned by Dennis Boxell from Bulgarian Dance Group in London, England, 1961.

Record: SLA 1000 "Folklore Dances of Bulgaria.

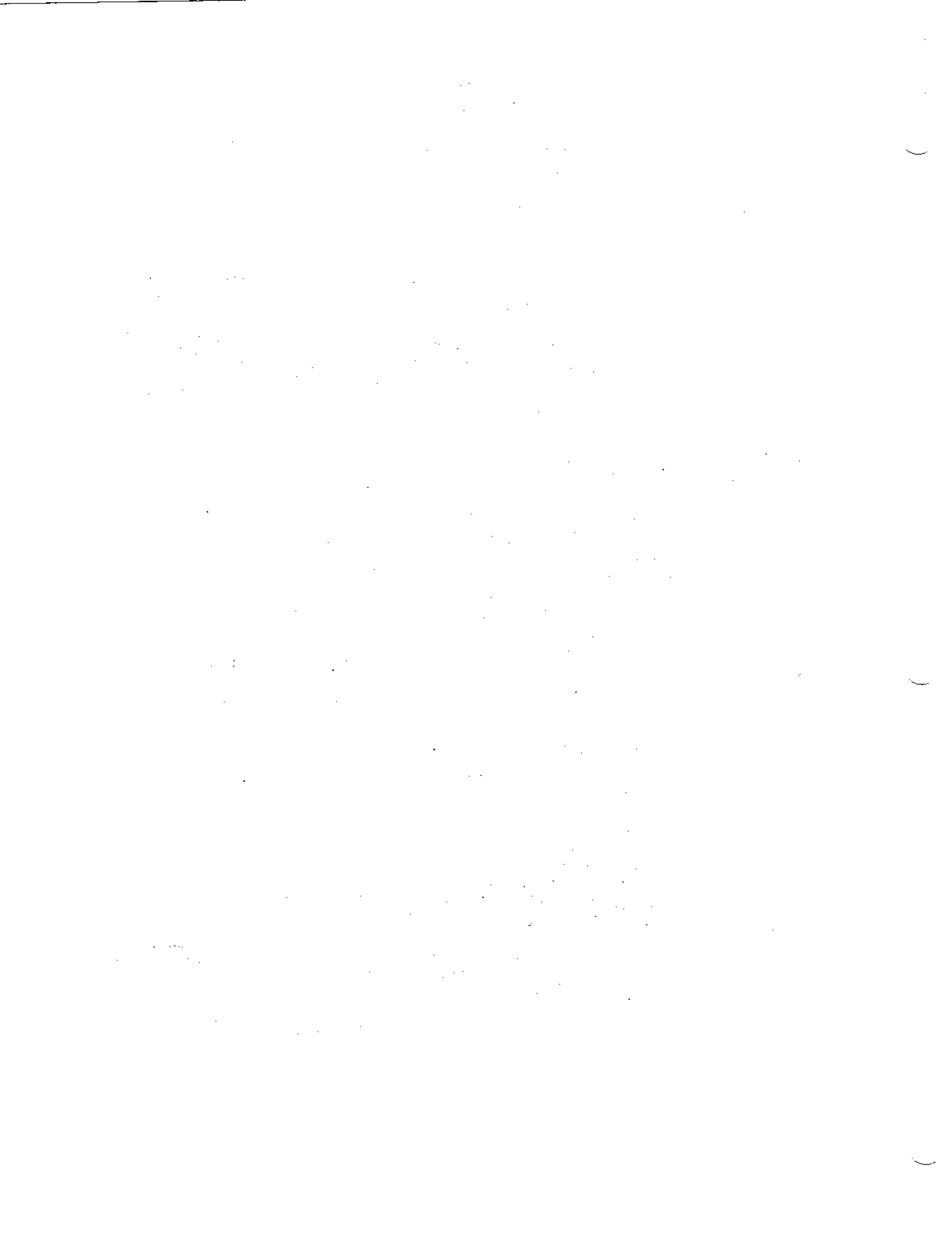
Rhythm: 13/16: 2/16; 2/16 (slow); 2/16, 2/16 (slow); 2/16 (quick);
3/16 (slow).

Formation: Mixed horo, hands joined down at sides. Steps are bouncy with "Sitno" (small) movements. Background: A variant of the national dance "Eleno Mome", this dance comes from the city of Pleven in North Bulgaria.

| <u>Meas.</u> | <u>Ct.</u> | <u>Pattern:</u> |
|--------------|------------|--|
| 1 | s | <u>FIGURE I - Basic.</u> |
| | s | Facing in LOD, step fwd. on R ft. |
| | . | Step fwd on L ft. |
| | q | Note: These first two counts may be done as quick hop-steps. |
| | s | Step on R ft to R, turning to face center |
| 2 | s | Step on L ft in back of R ft. |
| | s | Fall on R ft, simultaneously thrusting L ft. fwd. and tapping L heel in front of R ft. |
| | s | Hop on R ft, tapping L heel in front of R ft. again |
| | q | Step on L ft to L |
| 3 | s | Step on R ft behind L ft |
| | s | Fall on L ft, simultaneously thrusting R ft. fwd. and tapping R heel in front of L ft. |
| | s | Hop on L ft, tapping R heel in front of L ft again |
| | q | Step on R ft to R |
| | s | Step on L ft behind R ft. |
| 1 | s | <u>FIGURE II - Traveling Step.</u> |
| | s | Facing R and moving in LOD, step fwd on R ft. |
| | . | Step fwd on L ft. |
| | q | Note: These first two steps may be done as quick hop-steps |
| 2-4 | s | Step fwd on R ft briefly |
| | s | Step fwd on L ft. |
| | s | Continue "Traveling Step" in LOD |
| 5-6 | | Using "Traveling Step", move fwd to center of circle |
| 7-8 | | Using "Traveling Step" move backwards |

Note: This step is used between the basic step when the leader wishes to move the line to another area on the floor and to vary the basic step.

Presented by Dennis Boxell



CHETVORNA KOSTENSKA LESA
(Paidushka from Kosten)
(Bulgarian)

Source: Learned by Dennis Boxell from original source material. This dance comes from the town of Kosten.

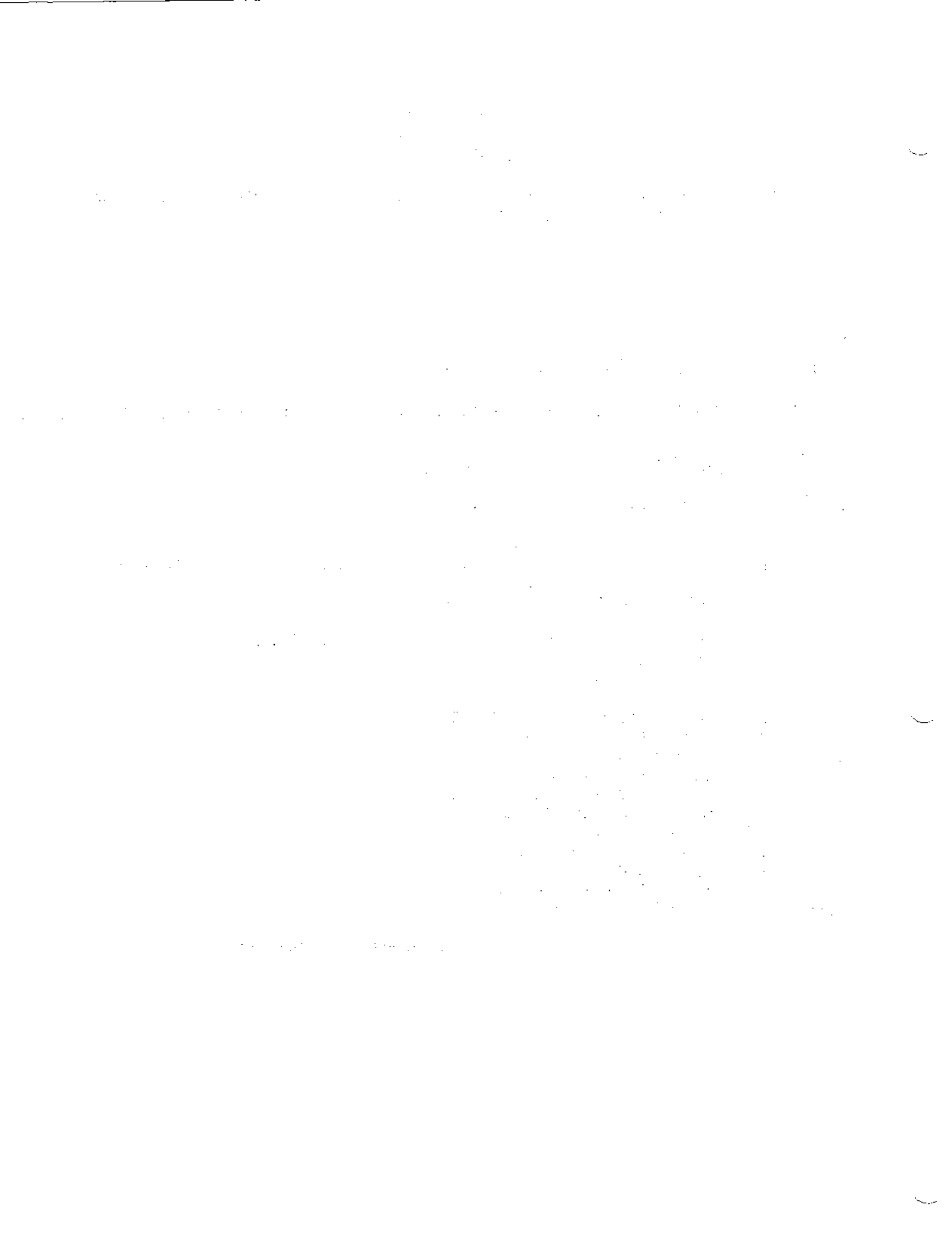
Music: SLA-1000

Rhythm: 5/16: 2/16 (quick), 3/16 (slow)

Formation: Mixed lines of 8-10 dancers, using belt hold: L hand over, R hand under.

| <u>Meas.</u> | <u>Ct.</u> | <u>Pattern:</u> |
|--------------|------------|--|
| 1 | 1 | Moving to center, Hop on L ft. |
| | 2 | Step forward on R ft. |
| 2-4 | | Repeat Meas. 1, using alternate footwork. |
| 5 | 1 | Cross the R ft in front of L ft and step on it |
| | 2 | Step on L ft in place |
| 6 | 1 | Facing front but moving R, step on R ft about 12" right of L ft. |
| | 2 | Close L ft to R ft. |
| 7 | 1 | Moving backward step on R ft. |
| | 2 | Close L ft to R ft. |
| 8 | 1 | Cross R ft. in front of L ft. and put wt. on it. |
| | 2 | Step on L ft. in place. |
| 9 | 1 | Hop on L ft. |
| | 2 | Step on R ft. to R. |
| 10 | 1 | Cross L ft. in front of R ft. |
| | 2 | Step on R ft. in place. |
| 11 | 1 | Hop on R ft |
| | 2 | Step on L ft. to L. |
| 12 | 1 | Cross R ft. in front of L ft. |
| | 2 | Step on L ft. in place. |
| 13 | 1 | Hop on L ft. |
| | 2 | Step on R ft. behind L ft. |
| 14 | 1 | Hop on R. ft. |
| | 2 | Step on L ft. behind R ft. |
| 15-16 | | Same as meas. 13-14 |

Presented by Dennis Boxell



KERMENSKO HORO
(Bulgaria)

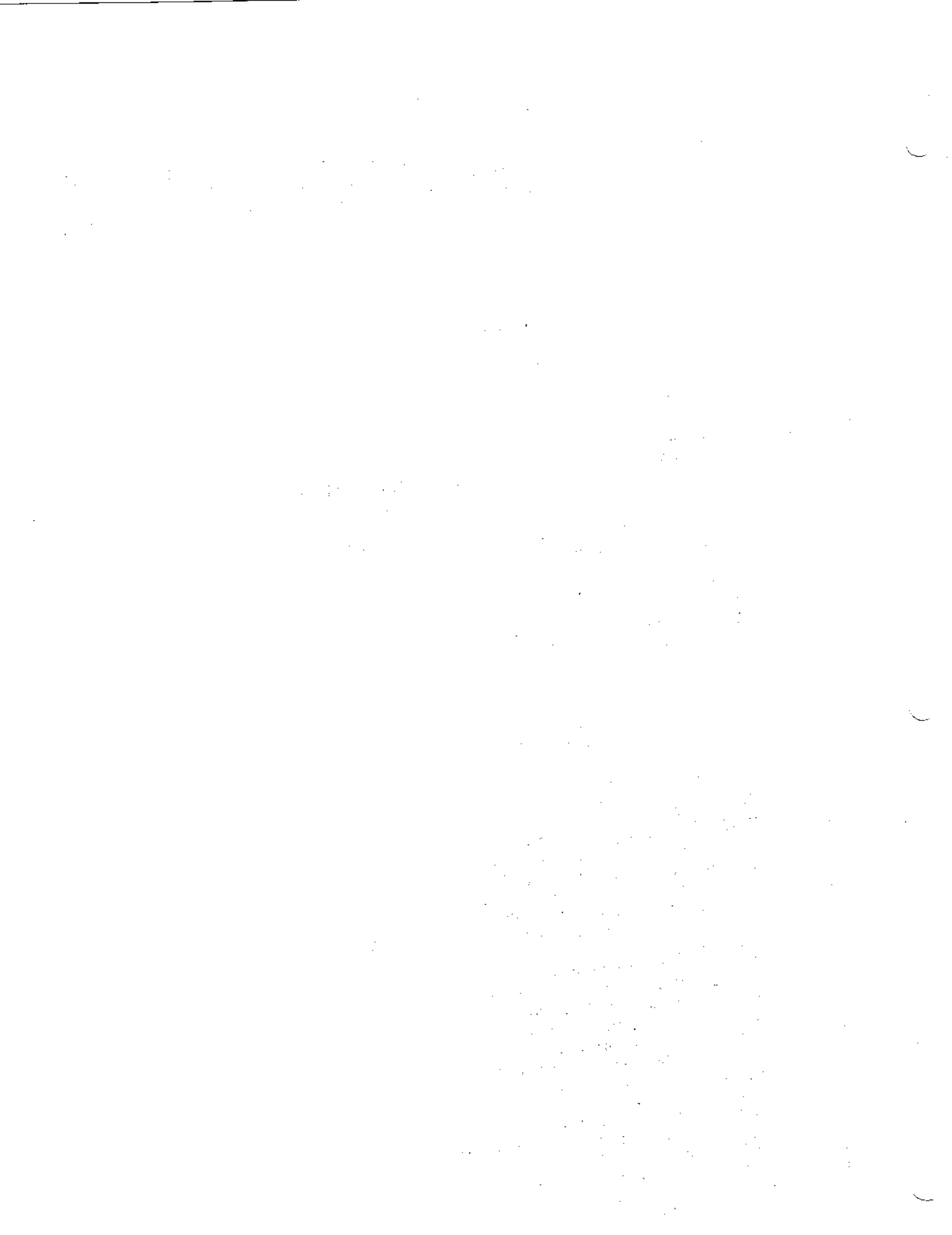
Source: Learned by Dennis Boxell from Bulgarian Dance Group in London, England, 1961. This horo is typical of the dances done in villages of eastern Thrace. The description given here is as done in the village of Kermen, Sliven county.

Record: Folklore Dances of Bulgaria SLA-1000

Formation: Mixed horo, hands joined down at sides.

Rhythm: 2/4 time.

| <u>Meas.</u> | <u>Ct.</u> | <u>Pattern:</u> |
|--------------|------------|--|
| | | <u>FIGURE I:</u> |
| 1 | 1 | Raising arms slowly, step on R ft. diagonally to R. |
| | 2 | Continuing to the R, step on the L ft. |
| 2 | 1 | Step on the R ft. to the R. |
| | 2 | Close L ft. to R ft. Arms should now be extended at shoulder height. |
| 3 | 1 | Step back on the R ft. Lower hands |
| | 2 | Close L ft. to R ft. |
| 4 | 1 | Step fwd. on R ft. Raise arms. |
| | 2 | Close L ft. to R ft. |
| 5 | 1 | Hop on R ft. Lower arms. |
| | & | Small step L with L ft. |
| | 2 | Small step fwd. with R ft. |
| | & | Step on L ft. in place. |
| 6 | 1 | Hop on L ft. |
| | & | Small step R with R ft. |
| | 2 | Small step fwd. with L ft. |
| | & | Step on R ft. in place. |
| 7 | | Same as Meas. 5. |
| | | Repeat Meas. 1-7. |
| | | <u>FIGURE II:</u> |
| 1 | 1 | Facing to R, hop on L ft. |
| | & | Continuing to R, step on R ft. |
| | 2 | Continuing to R, hop on R ft. |
| | & | Continuing to R, step on L ft. |
| 2 | 1 | Continuing to R, hop on L ft. |
| | & | Step on R ft, turning to face center of circle. |
| | 2 | Small step fwd. with L ft. |
| | & | Step on R ft. in place. |
| 3 | 1 | Hop on R ft, moving slightly to L. |
| | & | Small step fwd. with L ft. |
| | 2 | Small step fwd. with R ft. |
| | & | Step on L ft. in place. |
| 4 | 1 | Small step backwards with R ft. |
| | & | Step on L ft. in place. |
| | 2 | Small step fwd. with R ft. |
| | & | Step on L ft. in place. |
| 5 | 1 | Hop on L ft, moving slightly to R. |
| | & | Small step R with R ft. |
| | 2 | Small step fwd. with L ft. |
| | & | Step on R ft. in place. |
| 6-7 | | Same as Meas. 3-4. |



KERMENSKO HORO - Continued.

Meas. Ct.
Variations:

FIGURE II continued

A little "scissors" step may be done in Meas. 4 and/or Meas. 7, as follows:

- 1 Step on R ft. in place, thrusting L ft. fwd low
& Step on L ft. in place, thrusting R ft. fwd low

- 2 Step on R ft. in place, thrusting L ft. fwd low
& Step on L ft. in place, thrusting R ft. fwd low

Style Notes:

Keep your steps small, close to ground. The forward and back steps are more like steps next to the other foot but a bit forward.

FIGURE III

This is a gallop or slide step used instead of the step-hops.

Do 4 side-gallops to the R.

Then beginning with R ft. do 3 "three-steps" in place.

L ft. is now free to begin slide step to the L.

Repeat "three-step" only with opposite footwork.

Sequence:

Do Fig. I twice.

Do Fig. II twice.

Do Fig. II with variation twice.

Do Fig. III twice.

Presented by Dennis Boxell



SITNO ZHENSKO HORO (Bulgarian)

Formation: Danced by girls only, in short lines using belt hold. Learned by Dennis Boxell, in London, England, 1961.

Rhythm: 2/4 time.

Record: SLA-1000 (Sopska Lesa, Side 1, Band 3).

Meas. Ct. Pattern:

FIGURE I, "Step Hops,"

- | | | |
|-----|---|--|
| 1 | 1 | Facing diagonally R, step on R ft. and hop on R ft. |
| | 2 | Same as Ct. 1, only on L ft. |
| 2 | 1 | Step R ft R, continuing R. |
| | & | Draw L ft. up to R ft., taking weight |
| | 2 | Step R ft R. |
| | & | Hop on R ft. |
| 3-4 | | Same as Meas. 1-2, only begin with L ft. |
| 5-8 | | Same as Meas. 1-4, only do not hop on Meas. 8, Ct. 2&. |

FIGURE II "Heel-toe Step"

- | | | |
|------|---|---|
| 1 | 1 | Facing diagonally L, hop on L ft. thrusting R ft. fwd. touching R heel on ground, slightly fwd and R of L toe |
| | 2 | Hop again on L ft. touching R toe slightly fwd and to R of L arch. |
| 2 | 1 | Repeat Meas. 1, Ct. 1. |
| | 2 | Hop on L ft. step R ft. behind L ft. |
| 3 | 1 | Hop on R ft. step L ft. behind R ft. |
| | 2 | Hop on L ft. step R ft. behind L ft. |
| 4 | 1 | Hop on R ft. facing diagonally R, and thrust L ft. fwd. touching L heel on ground slightly fwd and to L of R toe. |
| | 2 | Hop again on R ft. touching L toe slightly to L of R arch. |
| 5 | 1 | Repeat Meas. 4, ct. 1. |
| | 2 | Hop on R ft. step L ft. behind. |
| 6 | 1 | Hop on L ft. step R ft. behind. |
| | 2 | Hop on R ft. step L ft. behind. |
| 7-8 | | 2 two-steps fwd, beginning with R ft. |
| 9-16 | | Repeat Meas. 1-8 |

FIGURE III:

- | | | |
|-------|---|---|
| 1 | 1 | Facing fwd. and moving to L, cross R ft. in front of L ft. putting weight on R ft. briefly. |
| | & | Step on L ft. moving L. |
| | 2 | Repeat Count 1. |
| | & | Repeat Count 1& |
| 2 | | Same as Meas. 1, only hold on count 2& |
| 3-4 | | Same as Meas. 1-2, only with opposite footwork. |
| 5-8 | | 4 two-steps fwd. bending slightly fwd. |
| 9 | 1 | Hop on L ft. thrusting R ft. in front of L ft. low in the air |
| | 2 | Step back on R ft. keeping both feet on ground |
| 10 | 1 | Step back on L ft. |
| | 2 | Step back on R ft. |
| 11-12 | | Same as Meas. 10. |
| 13 | 1 | Step back on L ft. |
| | 2 | Chug back on both feet |

NOTE: Repeat Meas. 5-13. Repeat from the beginning.

NOTE: Meas. 9-13 are actually "twisle" steps; ie. both feet are always on the ground so that when you step back on the R ft., shove L ft. fwd, twisting it slightly out. Weight is always on the ball of the foot.

