

CACAK in 5 figures.

Folk Dance from Yugoslavia

Record FOLK DANCER MH 3022

Pronounced : Chah-chahk

✓ ✓
CACAK

FORMATION: Small lines of from 3 to 6 dancers scattered about the floor, all facing center, men and women in separate lines. Grasp neighbors' belts at sides nearest you, Left arm in front of neighbor's R arm all down the line. End dancers tuck thumb of free hand in own belt.

FIGURE 1: ("Basic")

- Meas.1 ct.1 Step R with R ft.
- ct.2 Continuing to R, step Lft behind Rft.
- Meas.2 Same as Meas.1
- Meas.3 ct.1 Step on R ft in place.
- ct.2 Hop on R ft in place.
- Meas.4 ct.1 Step on Lft in place
- ct.2 Hop on Lft
- Meas.5 ct.1 Stamp fwd, onto R ft., bringing shoulders back. Do not bring free Lft forward here - L knee comes forward, but Lft remains even with, or a little behind, R knee.
- ct.2 Hop on Rft.
- Meas.6 ct.1 Step back to original place with Lft.
- ct.2 Step Rft beside Lft.
- Meas.7. ct.1 Step Lft in place
- ct.2 Hop on Lft in place, bringing shoulders forward.
- Meas.8-9 Same as Meas.5-6
- Meas.10 Three un-stamped steps in place, L-R-L.

FIGURE 2 (THREES)

- Meas.1-2 Facing halfway to R, take two 2-steps RLR, LRL.
- Meas.3-4-5 Facing center, do 3 "threes" in place RLR, LRL, RLR.
- Meas.6 ,ct1. Step L with Lft.
- ct2. Step Rft to L across in front of Lft.
- Meas.7-8 Do "three's"(2 of them) in place, LRL,RLR.
- Meas.9 Same as Meas.6
- Meas.10 Small steps (1"three") in place LRL

FIGURE 3 (STAMPS)

- Meas.1, ct.1. Slight hop on Lft, moving a bit to R.
- ct.& Step Rft to R.
- ct.2 Close Lft to Rft, taking wt, on L ft.
- Meas.2 Same as Meas.1.
- Meas.3. ct.1 Step Rft in place.
- ct.2 With slight turn to R, and bending slightly, stamp Lft a bit forward beside Rft, without taking wt, on Lft.
- Meas.4. ct.1 Step Lft in place, facing center and straightening.
- ct.2 With slight turn to L, and bending slightly, stamp Rft a bit forward beside Lft, without taking wt, on Rft.
- Meas.5 Same as Meas.3 (step Rft, stamp Lft)
- Meas.6 Same as Meas.6 of Fig.3
- Meas.7 Same as Meas.4 (step Lft, stamp Rft)
- Meas.8 Same as Meas.3(step R ft, stamp Lft)
- Meas.9 Same as Meas.6 of Fig 3.
- Meas 10 Same as Meas.4(step Lft, stamp Rf t)

Continued on reverse side

Cont

FIGURE 4 (KICKS)

- Meas.1-2 Same as Meas. 1-2 of Fig.3
 Meas.3 ct.1 Step on Rft in place
 ct.2 Slight hop on Rft, kick Lft fwd low, leading with toe.
 Meas.4. ct.1 Step on Lft in place.
 ct.2 Slight hop on Lft, kick Rft fwd.low, leading with toe.
 Meas.5 Same as meas.3 (i.e., step-hop on R ft, kicking Lft fwd).
 Meas.6 ct.1 Slight hop on Rft, moving a bit to L.
 ct.2 Step Lft to L.
 ct.2 Close Rft to Lft, taking wt on Rft.
 Meas.7 Same as Meas.4 (i.e., step-hop on Lft, kicking Rft fwd)
 Meas.8 Same as Meas.3 (step-hop on Rft, kicking Lft fwd).
 Meas.9 Same as Meas.6
 Meas.10.Same as Meas.4 (i.e., step-hop on Lft, kicking R ft fwd).

FIGURE 5 (FORWARD AND BACK)

- Meas.1-2 Same as Meas.1-2 of Fig.1.
 Meas.3.ct.1 Step on R ft
 ct.2 Hop on Rft, moving fwd, on a curved path (as if from "six o'clock")
 to three o'clock)
 Meas.4 ct.1 Step on Lft, moving straight forward
 ct.2 Hop on Lft, continuing straight forward.
 Meas.5 ct.1 Stamp onto R ft at 12 o'clock" across in front of Lft.
 ct.2 Hop on R ft.
 Meas.6 ct.1 Step back with Lft.
 ct.2 Step back with Rft (this step may be done beside Lft or to L of Lft)
 Meas.7 ct.1 Step on Lft, still moving back.
 ct.2 Hop on Lft, still moving back
 Meas.8 Step-hop on R ft, still moving back
 Meas.9 ct.1 Step L with L ft
 ct.2 Step Rft to L across in front of Lft.
 Meas.10 Small steps LRL in place.

