

✓
CETVORKA - Macedonia (Eastern)
(Line dance, no ptrs)

TRANSLT: In Fours.
RECORD: Folkraft 1555x45 -- calgija. 2/4 meter
STARTING POSITION: "V" pos. R ft free.

| MEAS. | PATTERN | <u>VARIATION I</u> |
|--------|--|--------------------|
| 8 meas | Introduction | |
| 1-2 | Facing R LOD, moving LOD, dance two Lift-Step-Steps. | |
| 3 | Three small running steps, R,L,R (cts 1, 8, 2). | |
| 4 | Three small running steps, L,R,L (cts 1, 8, 2). | |
| 5-8 | Repeat meas 1-4. | |
| 9-16 | Turn to face LOD, move in LOD, repeat meas 1-8. | |
| 17-24 | Repeat action of meas 1-8. | |

| | <u>VARIATION II</u> |
|------|---|
| 1 | Facing slightly R of ctr, wt on L and knees bent, place R heel in LOD (ct 1), lower ball of R ft and take wt (ct 2) L ft starts through). |
| 2 | Three quick running steps in LOD, L,R,L (cts 1,8,2). |
| 3-4 | Repeat action of meas 1-2. |
| 5 | Turning to face ctr, hop on L, raise hands and bring R knee high, as R begins movement across L (ct 1). Step R across in front of L (strong step) (ct 2). |
| 6 | Step diag bkwd to L with L ft (ct 1), lowering hands. Step slightly diag bkwd to R with R (ct 2). |
| 7 | Touch L heel slightly fwd, raise hands (ct 1). Hold (ct 2). |
| 8 | Three quick, light steps in place, raising knees slightly, L,R,L (cts 1,8,2). |
| 9-32 | Repeat action of Variation II, meas 1-8, three more times. |

| | <u>VARIATION III</u> |
|------|---|
| 1-2 | Repeat action of meas 1-2, Variation II. |
| 3 | High leap in LOD onto R (ct 1). Long step diag L into ctr with L ft (ct 2). |
| 4 | Step R across in front of L (ct 1). Step diag bkwd on L (ct 2). |
| 5 | Leap on R next to L, lift L knee, L ft across shin of R leg, ft relaxed, raise hands (ct 1). Hold (ct 2). |
| 6 | Step in place, L,R,L, lower hands (cts 1,8,2). |
| 7-8 | Repeat action of meas 5-6 |
| 9-32 | Repeat action of Variation III, meas 1-8, three more times. |

| | <u>VARIATION IV</u> |
|------|--|
| 1-2 | Repeat action of meas 1-2, Variation II. |
| 3-4 | Repeat action of meas 5-6, Variation II. |
| 5 | Three quick, small steps moving R LOD, facing ctr, L, R in back, L (cts 1,8,2). |
| 6-7 | Repeat action of meas 5-6, Variation II. |
| 8 | Bring L back to R and lower heels three times, taking wt on L on third bounce, bringing R ft up beside L ready to repeat Variation IV. |
| 9-32 | Repeat action of Variation IV, meas 1-8, three more times. |

OTHER VARIATIONS POSSIBLE

Presented by Atanas Kolarovski