

KAVARDAKA

Danced in the Ovčepole region, particularly around Štip. Pece first saw it danced in the village of Kozjak, north-east of Štip. It is apparently now done in the Vardar valley, and he has seen it done in the Skopje suburb of Dračevo. It is not from Kavadarci and the Tikveš region.

In 6/8 time. Open circle of men. Face RLOD. Arms on shoulders.

FIGURE I

Measure	Beat		
I	1	Step forward onto L foot, across in front of R (RLOD).	
	2	Flex L knee	Free R knee is raised high forward, bent sharply, with R foot raised behind.
	3	Straighten L knee	Free R is raised even higher while R knee is slowly straightened so that leg is held forward, only slightly bent.
	4	Flex L knee	R is lowered a bit and knee is bent so that foot is moving back toward L leg.
	5	Straighten L knee	Continue bending R knee and bring R heel back to L knee.
	6	Hold	Lower R foot for next step.

II Reverse of I Continue moving forward in RLOD.

III Same as I

IV	1	Step R forward into center - turn to face center	
	2	Flex R knee	L is bent at knee, and crossed behind R knee.
	3	Straighten R knee	
	4	Step back onto L	
	5	Flex L knee	Free R foot is brought around and back in preparation for the next step.
	6	Straighten L knee	

KAVADARKA, CONTINUED

Measure V	Beat 1	Step back onto R	
	2	Flex R knee	
	3	Straighten R knee	Free L knee is bent and L leg is raised behind R knee.
	4	Flex R knee and twist slightly to R	
	5	Straighten R knee and return to normal position	
	6	Hold	
VI	1	Step forward on L, across in front of R, facing and moving RLOD	
	2	Flex L knee	R knee is bent, and leg is raised behind L knee.
	3	Straighten L knee	
	4	Step back on R	
	5	Flex R knee	Free L is raised forward, bent at the knee
	6	Straighten R knee	
I-III		As in figure	<u>FIGURE II</u>
IV	1-3	As in figure I	
	4-6	Slowly squat on R leg L is behind R knee	
V		Hold that squat!	
VI	1-3	Slowly rise up on R leg (ouch!)	
	4-6	Same as in V of figure I	
VII		Same as VI of figure I	

KAVADARKA, CONTINUED

FIGURE III

Measure I-III	Beat	
		As in figure I
IV	1	Step forward on R into center - turn to face center
	2	Hop on R in place - begin to raise L behind
	3	Begin to kneel on L knee
	4	Kneel on L knee
	5	Drop hands
	6	Hold
V	1	Shift weight forward to R foot. Hands raised high
	2	Begin rising on R
	3	Standing on R, with L foot tucked behind R knee
	4-6	As in V of figure I
VI		As in VI of figure I

FIGURE IV

I		Same as in figure I	
II	1	Step forward on R	
	2	Hold	
	3	Hop on R	Free L is raised high forward, bent at knee, and crossed in front of R.
	4	Step forward on L	
	5	Hold	
	6	Hop on L	Free R is raised forward, bent at knee, and crossed in front of L.
III		Repeat II	

KAVADARKA, CONTINUED

Measure	Beat	
IV-VI		Same as in figure I
<div>FIGURE V</div>		
I-III		Same as figure IV
IV	1	Step on R by L and keep weight on both feet
		[Turn to face center and swing arms to left.
	2-3	Hold
	4	Hold and swing arms to R
	5-6	Hold
V		Same as IV
VI	1-3	Same as IV 1-3
	4	Hold and push arms straight up
	5-6	Hold