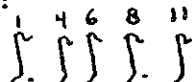


Kucano

From the Bitola-Prilep area. In 12/16 rhythm, which we will indicate as follows:



Open circle of dancers, men and women. Hands are joined, held forwards at shoulder level. Face center.

Wait any number of measures before beginning
Pickup to 1st time through figure I.

- Measure Beat
- 1-7 Wait
 - 8 Step forward on R foot, diagonally to the L
[Body bends slightly forward from the waist & is twisted slightly L. R foot is not quite in front of L]
 - 11 Step back onto L in place
[Body is straightened.]

Figure I (Slow)

- I
- 1 Small cukce on L [Free R is bent at knee & raised low forward.]
 - 4 Small cukce on L [Optionally, R may step (no weight) by L.]
 - 6 Step or shift weight onto R by L
[Raise L foot from ground on beat 7]
 - 8 Step forward on L foot diagonally to R
[As in 8 above, but reverse R & L]
 - 11 Step back onto R in place
[Body is straightened.]

II Reverse footwork of I

- III
- 1 High hop on L [Body faces R of center. Free R leg is bent at knee, and hooked across in front of the L leg.]
 - 3 Step on R moving forward in RLOD
[Step on ball of R foot. R leg is almost straight.]
 - 4 Step on L moving forward in RLOD
[Step onto whole foot, slightly forwards of R, L knee is somewhat bent.]
 - 6 Step R forward in RLOD
 - 8 Step L forward in RLOD
[Immediately before 8, L hip twists slightly forward, returning to a natural position as the L foot comes down on beat 8)]
 - 11 Step R forward in RLOD
[Steps are "soft", due to small flexing of knees in receiving weight.]

Kucano continued

- IV
- 1 High hop forward on R (RLOD)
[Free L is bent at knee & held up behind. Lower leg is parallel to ground, and points a bit left of straight back.]
 - 3 Step on L forward (RLOD)
[Step onto ball of foot - leg almost straight.]
 - 4 Step on R forward (RLOD)
[Step onto whole foot, forward of L]
 - 6 Step on L forward (RLOD)
[Prepare to turn sharply towards center.]
 - 8-11 Turn sharply on L to face center, and do 8-11 of pickup to figure I.

Figure II (Fast)

Transition should be made during measures III-IV. Hands are held down still joined, facing center.

- I
- 1 Hop on L in place
[Free R is raised in front, bent at knee, and somewhat crossed in front of L]
 - 3 Step R by L
[Step onto ball of R foot. R leg is straightened.]
 - 4 Step onto L in place
[L knee somewhat flexed.]
 - 6 Step R by L
 - 8 Step L in front of R
 - 11 Step R in place
[Just before 11, slight cukce on L - on beat 10½, so to speak.]

II Reverse footwork of I

III-IV Repeat I-II

V-VI Same as III-IV of figure I, but bouncier - bigger hops, etc.

When the music again becomes slow, you may return to the slow figure by making the transition to the introduction to figure I at measure VI, beat 8.

Record: RTB LP-1394; Olympic LP-615

Presented by Pece Atanasovski

KOLO FESTIVAL 1982