

MANGUPSKO
(Serbia)

Mangupsko (MAHN-goop-skoh) is a traditional dance from the Sumadija region in Central Serbia. The dance was learned by Bora Gajicki when he was a member of Kolo.

Record: Borino Kolo Folk Ensemble, BK 678 (LP). 4/4 meter

Formation: A line facing LOD, with hands joined and down.

MeasPattern

1-16 INTRODUCTION (No action)

FIGURE I.

- 1 Step fwd on L with a bounce, R begins upward motion (cts ah-1); continue low fwd circular motion with R (ct 2); step R fwd with straight leg (cts 3-4).
- 2 Repeat action of meas 1 with opp ftwk.
- 3 Step fwd on R and slightly across L, knees bent slightly (cts 1-2); repeat action of cts 1-2 with opp ftwk (cts 3-4).
- 4 Turning twd ctr, close R to L with click (ct 1); hold (cts 2-4).
- 5-8 Repeat action of meas 1-4 with opp ftwk and in opp direction.

FIGURE II.

- 1 Facing LOD, step R in front of L with wt on both ft (R heel twisted to L and L heel to R (ct 1); shift wt onto R, L flairs diag bkwd (ct 2); repeat action of these two cts with opp ftwk (cts 3,4).
- 2-3 Repeat action of meas 1-2 (Fig. II), two more times (six twisting steps in all). Note: The twisting steps (meas 1-3) are done with bent knees and on balls of ft.
- 4 Repeat action of meas 4 (Fig. I).
- 5-8 Repeat action of meas 1-4 (Fig. II), with opp ftwk and in opp direction.

FIGURE III.

- 1 Facing ctr, step L to L (ct 1-2); step R across L diag L into circle (cts 3-4).
- 2 Hop on R while touching L slightly across R (cts 1-2); leap diag R bkwd onto L, R ft lifted behind L calf (cts 3-4).
- 3 Step bkwd R,L (cts 1-2, 3-4).
Note: During meas 1,2,3 form the top half of a CW circle.
- 4 Small leap in place onto R with plié, flick L ft next to R ankle (ct 1); flick L ft slightly twd ctr and a little further to L (ct 2); flick L ft straight out to side slightly in twd ctr with straight leg (ct 3); hold (ct 4).
- 5-16 Repeat action of meas 1-4 (Fig. III) three more times (four in all), except on meas 16, cts 1,2,3,4 jump onto both ft, then leap on to L.

Repeat dance from beginning until end of music.

Presented by Bora Gajicki