

MILICA PLES

Milica Ples (MEE-lih-tza-PLHSH), a Yugoslav kolo danced in Trios or Couples.

Record: Sonart #2020 "Milica Ples".

Formation: Trios formed by one man and two ladies, or Couples.

Starting Position: Man in center with arms in back around ladies' waist, holding ladies' outside hand on ladies' hip. Ladies rest their inside hand on Man's nearest shoulder. Right foot free.

PART I

MUSIC A

Measures

- 1 - 4 **FOUR "HEEL-TOE" ("Lame Duck") STEPS** forward. Progress forward with the following step done four times: Hop on Left foot and place Right heel forward (and 1), Bring Right foot back beside Left and Step on Ball of Right foot (and), Step forward (beyond Right) on Left foot (2).

PART II

MUSIC B

Measures

- 1 - 8 **FOUR BASIC KOLO STEPS** (Right, Left, Right, Left).

GLOSSARY OF KOLO STEPS

BASIC KOLO STEP. Generally danced in place. $2/4$ Meter, 2 measures for one complete Kolo step, counted, *and 1, 2; and 1, 2.*

Basic Kolo Step Right:

Hop on Left foot (*and*) and Step on Right in place (1),

Step on Left behind Right (2),

Step on Right foot in place (*and* 1),

Hop on Right foot (2).

Repeat pattern, reversing foot work, for Basic Kolo Step Left. Two Hops will be danced in succession on the same foot since the Basic Kolo Step starts and ends with a Hop. The steps are short and bouncy.

HEEL-TOE STEP. Also called "Lame Duck Step". Danced progressing forward.

Heel-Toe Step Right:

Hop on Left foot (*and*) and place Right heel forward (1),

Bring Right foot back beside Left and Step on Ball of Right foot (*and*),

Step forward (beyond Right) on Left foot (2).

Repeat pattern, reversing foot work, for Heel-Toe Step Left.

KOLO PAS de BASQUE STEP. Generally danced in place.

Kolo Pas de Basque Step Right:

Rise on Ball of Left foot as a preparatory movement (*and*) and

Leap in place onto Right foot (1),

Step on Left foot, beside or in front of Right (NOT Across) (*and*),

Step in place on Right foot (2).

Repeat pattern, reversing foot work, for Kolo Pas de Basque Step Left.

KOKONJESTE STEP. Same as Kolo Pas de Basque Step. In Kokonjeste Kolas, it is danced in a characteristic series of Three Kokonjeste (Kolo Pas de Basque) steps preceded by Two low Leaps.

SIDE-CLOSE "REST" STEP. Danced in place with short side steps, accompanied by slight but sharp knee bends, giving the step an "up and down" bouncy character.

Side-Close Step Right:

Step sideward Right on Right foot (1 *and*),

Close Left to Right, without taking weight (2 *and*).

Repeat pattern, reversing footwork, for Side-Close Step Left.

STEP-HOP STEP. Danced progressing forward or backward.

Step-Hop Step Right:

Step forward (or backward) on Right foot (1 *and*),

Hop forward (or backward) on Right foot (2 *and*).

Repeat pattern, reversing foot work, for Step-Hop Step Left.