PALANEČKO ŠOPSKO

Background Information: Mixed dance from the North East part of Macedonia along the Bulgarian and Serbian borders. The origin of the name comes from the town of Kriva Palanka (Palanka short name) and the choreological characteristics familiar to the Shopski dances. The dance was performed during all kind of celebrations, mostly by the younger dancers due to the fast tempo.

Belongs to the group of the "Soborksi" dances. Formation: Open circle, Hand hold by the belts (poias).

Rhythm: 2/4) |

Music: Accompaniment by traditional instruments Supelka, Gajda, Gadulka, Tapan or orchestra of modern instruments

Introduced by: Stojan Nikolovski from Stracin village of Kriva Palanka district.

Facing to the center R ft step to the R L ft moves to the R. join the R ft R ft step to the R, L ft moves to the R, join the R ft Turn face diagonally R of the center step on the R ft and rise the ft ball (halve a bounce); L ft is lifted forward low slightly bent in from the ball (end of the bounce) R ft. R ft down from the ball (end of the bounce) Step on the L ft lifting onto ball (halve a bounce); R ft lifted forward slightly bent in front of the L ft L ft down from the ball (end of the bounce) Repeat measure 3 count 1 Repeat measure 3 count 1 Repeat measure 3 count 2 Turn face to the center, step on L ft to the L Turn face diagonally left of the center, step on R ft to the L crossin L ft Turn face to the center, step on the L ft to the L Step on the R ft backward Step on the L ft in place lifting onto the ball (half a bounce), R ft left	
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front of the L ft	
2 L ft down from the ball (end of the bounce)	
8 1 Step on the R ft in place lifting the ft onto ball, L ft low lifted in from	nt of
the R ft	
2 R ft down from the ball (end of the bounce) 10 L ft step in place lifting the ft onto ball, R ft lifted low in front of the	e I.ft
10 1 - Lit step in place inting the it onto ban, K it intect low in noncol ti	CLIL

Pattern II: is variation of the Pattern I. On the same structure of the steps of the dancing phrase, the bounces are replaced with the jumps and the movements are expressed with more temper and shorter touches of the ground.

The measure 1 and 2, count 2 the L ft instead to join the R ft, makes longer step to the R. crossing the R ft behind.

Pattern III -	Varia	tion o	f the Pattern II
1-7 8		b	Repeated from Variation II
8	1.	20	Facing to the center, step on the L ft in place
		المرام	Repeated from Variation II Facing to the center, step on the L ft in place step on the R ft to the L crossing the L ft
	2	λ	step on the L ft in place Step on the R ft in place
9	1	1	Step on the R ft in place
		7	Step on the L ft to the R crossing the L ft
	2	1	Step on the R ft in place Jump from both feet in place Land on L ft in place, R ft low lifted crossing in front the L leg
10	1	4	Jump from both feet in place
	2	١	Land on L ft in place, R ft low lifted crossing in front the L leg

Presented by:

Boris Ilievski - Kete