

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 (pojas).

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.

Pattern	measure	count	note value	movement description
1	1	1		Facing to the center R ft step to the R
		2		L ft moves to the R. join the R ft
	2	1		R ft step to the R,
		2		L ft moves to the R, join the R ft.
	3	1		Turn face diagonally R of the center step on the R ft and rise the ft onto ball (halve a bounce); L ft is lifted forward low slightly bent in front of the R ft.
		2		R ft down from the ball (end of the bounce)
	4	1		Step on the L ft lifting onto ball (halve a bounce); R ft lifted forward low slightly bent in front of the L ft
		2		L ft down from the ball (end of the bounce)
	5	1		Repeat measure 3 count 1
		2		Repeat measure 3 count 2
	6	1		Turn face to the center, step on L ft to the L
		2		Turn face diagonally left of the center, step on R ft to the L crossing the L ft
	7	1		Turn face to the center, step on the L ft to the L
		2		Step on the R ft backward
	8	1		Step on the L ft in place lifting onto the ball (half a bounce), R ft low in 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 front of the R ft
		2		R ft down from the ball (end of the bounce)
	10	1		L ft step in place lifting the ft onto ball, R ft lifted low in front of the L ft
		2		

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 - Variation of the Pattern II

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|-----|---|---|--|
| 1-7 | | | Repeated from Variation II |
| 8 | 1 |  | Facing to the center, step on the L ft in place |
| | |  | step on the R ft to the L crossing the L ft |
| | 2 |  | step on the L ft in place |
| 9 | 1 |  | Step on the R ft in place |
| | |  | Step on the L ft to the R crossing the L ft |
| | 2 |  | Step on the R ft in place |
| 10 | 1 |  | Jump from both feet in place |
| | 2 |  | Land on L ft in place, R ft low lifted crossing in front the L leg |

Presented by:

Boris Ilievski - Kete