

# PLETENICA

A line dance from Eastern Macedonia, Sveti Nikola, Oveepole region. This dance is from a family of dances called Potrculki. One of these Potrculki has named Pletenica because some of the steps resemble braiding. This dance has been seen very often at monastery celebrations (slavas), festivals, and weddings.

Meter: 2/4

Music: LP AK 006

Formation: mixed lines; hands held down or belts with left over right

Part I: Facing slightly and moving in LOD

- 1- Step R ft to R, Step L ft, Step R ft
  - 2- Repeat with opposite footwork
  - 3- Step R ft, Hop on R ft
  - 4- Step L ft, Hop on L ft
  - 5-8 Repeat measure 1-4
  - 9- Step R ft to R, Step L ft behind R
  - 10- Step fwd on L foot, Hop on L ft
  - 11- Step bkwd on R ft, Step bkwd on L ft, Step bkwd on R ft
  - 12- Step on L ft, Hop on L ft in place
  - 13-16 Repeat measure 9-12
- Handwritten notes and diagrams for Part I:
- Measure 1-4:  $\overset{Q}{1-} \overset{Q}{2-} \overset{S}{3-}$
  - Measure 9-12:  $\overset{Q}{9-} \overset{Q}{10-} \overset{S}{11-} \overset{R}{12-}$
  - Diagram for measure 9:  $\overset{Q}{R} \overset{Q}{L} \overset{S}{R}$  with arrows indicating steps: "Step R ft to R", "Hop on L ft", "Step bkwd on R ft", "Step bkwd on L ft", "Step bkwd on R ft".
  - Diagram for measure 12:  $R - L - R$  with "step Hop (left-right)" written below.

Part II: Facing slightly R and moving in LOD

- 1- Hop on L ft, Step on R ft, Step on L ft, Hop on L ft, but don't lift completely off floor
- 2- Bending both knees slightly, step on R ft, wt fwd, Hop on R ft, Facing ctr, L shoulder leading in; moving in RILOD slightly toward ctr.
- 3- Step L ft to L, Step R ft in front of L, Repeat ct 1
- 4- Repeat ct 1, meas 3 part II, Step L ft to L, facing ctr and moving slightly back in LOD
- 5- Step back on R ft, leaving ball of L ft in place, but twisting L heel to R, Repeat ct 1 but with opposite ftwk
- 6- repeat meas 5
- 7- Step R ft to R, Hop on R ft
- 8- Step L ft fwd, Step R ft in place, Step L ft in place

Repeat Part II till end of dance

## PART II

H. S - S  
L - R - L

L - R Lift left

Quick  
catch step.

Into center of O

L-R-L-R-L-R-L  
a-a-a-a-a a S Rgt. foot heel in  
toward center

Rgt. step Left, Rst., Left.

Rgt. st., Left left, small hop on rgt.  
a - a - S  
step - 2 - 3  
R - R - R.

FD Symposium  
180