

SARAKINOTO

Source: Stoiche Karanfilov, dancer with the Macedonian National Folk Ensemble TANEC, born and raised in the Voden area in southern Macedonia

Recording: "Dances of Southern Macedonia" (custom cassette)

This is a line dance for both men and women from southern Macedonia, found around the towns of Voden, Lerin, and Kostur (now in Greece). In earlier times men and women danced in separate lines, possibly joined with a kerchief, but nowadays the dance is done in a single integrated circle.

The footwork is flat-footed and rather heavy, but the upper body is held quite erect. The rhythm is 7/16, broken down into three dance beats in the relation 3:2:2 (slow, quick, quick) with the third beat being omitted most of the time.

- Meas 1** Facing in line of direction (CCW) with hands joined at sides, leap forward onto L foot (1) slight bounce (cukce) on heel of L foot (2) step forward on R foot (3).
- Meas 2** Repeat action of measure 1,
- Meas 3** Leap forward onto L foot (1) step on R foot beside L (2-3)
- Meas 4** Hop on R foot in place raising L leg forward with knee bent (1) turning to face center, step to L on L foot (2-3).
- Meas 5** Swing R leg in front and leap onto R foot across in front of L (1) step to L on L foot (2-3)
- Meas 6** Repeat action of measure 5
- Meas 7** Turning to face LOD, hop on L foot raising R leg forward with knee bent (1) step forward on R foot (2-3)
- Meas 8** Repeat action of measure 7 reversing footwork.
- Meas 9** Repeat action of measure 7.

An optional clockwise turn may be performed on measures 8-9.

Presented by Glenn Nielsen at Kolo Festival 1983, 1986