


SARAKINSKOTO (Sah-rah-KEEN-skoh-toh)

















The dance is essentially a "paiduško" type, although the limping sensation is created by a ratio of 3:4 (7/16) rather than the more common 2:3 (5/16). A somewhat different, 10 measure version of this dance is described by Dennis Boxell in his notes to the Folkraft album listed below.

RECORD: Folkraft LP - 24 (Macedonian Folk Dances, Vol. II) Side A, Band 6
or Tape of 1971 Ohrid performance (distributed at camp free of charge)
(NOT FOR FURTHER DISTRIBUTION)

FORMATION: Men and women in a mixed, open circle with male leader at right;
or, men and women in separate open circles, each with its own leader on the right,
the mens' circle outside (behind) the women's.

METER: 7/8 = $\frac{(3 + 2 + 2)}{}$

(dancers' cts.) 1 & uh 2 & 3 &

DESCRIPTION: (based on mens' styling. Women do the same steps, but never lift free leg high or cross it in front of weight-bearing foot. In general, they hold their feet and legs closer together and the free foot is often kept beneath the body.)

-  I. 1. Face center or just right of center. Lift on L. At the same time, free R is raised high so that the thigh is almost parallel to the ground, and the R foot is in front of the L knee. There is a somewhat staccato or jerky manner to this movement.
 2. Body turns somewhat to the right of center. Step R to right (LOD). Foot points diagonally to the right.
-  II. 1. Lift or hop R in place. Free L is brought up forward (style is as in I, 1 above.) Body turns even further to the right of center.
 2. Step forward on L (across in front of R). Moving right (LOD).
-  III. 1. Hop L in place and raise free R (as in I, 1). Body may turn a bit twds. center.
 2. Step to right (LOD) on full R ft. Body turns more towards right again.
 3. Slight flex of R knee and prepare to leap forward onto L.
-  IV. 1. Moving right LOD. Leap forward onto L. Body and foot both point diag. rt. of ctr.
 2. Step R forward. (LOD). This foot points more directly right.
 3. Slight flex of R knee.
- V. Repeat IV.
-  VI. 1. Like IV, 1.
 2. Step R to right and slightly out of circle as body turns to face the center.
At the same time, free L may retain its former position long enough to be forced to turn at the ankle to accommodate the body's turn. This is done by moving the ankle in a CCW arc about the ball of the foot which maintains contact with the ground.
-  VII. 1. Hop on R in place. Free L is raised high and crossed in front of R. (As in II, 1.)
 2. Step L to left and a bit back of R. L foot is pointed a bit to left.
-  VIII. 1. Step or leap onto R across in front of L to left. Keep R ft. pointed towards the center. Body turns slightly to left of center.
 2. Step L to left and somewhat back of R. L ft. is pointed a bit L of center. Body returns to previous position, facing center.
- IX. Repeat VIII.

NOTE: During the more lively music towards the end, the men can make a CW turn while moving right (CCW) LOD. Begin with the step on I, 2 and finish by the hop on III, 1. Hands are held high, arms bent at elbow, while executing this turn.