

STANKINO
Edessa, Greek Macedonia

name of this dance is derived from Stanka, a girl's name.

Source: Dennis Boxell from his original tour of the Macedonian region in 1964.

Rhythm: 11/16 counted: Quick, Quick, Slow, Quick, Quick
 1 2 3 4 5
 2/16 2/16 3/16 2/16 2/16
 Slow Quick Slow

Recording: Folkraft LP-15

Formation: Probably originally danced by men only, with hands on shoulders. Hands remain on shoulders until the music speeds up and the step changes to Pattern II, then the hands are lowered. The leader is on the right and signals the step change.

Step Note: Cukce: Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat. The ball of the foot does not leave the floor.

Meas Ct PATTERN I - Warm Up - Hands on shoulders

Start with weight on L. The dance fits the Folkraft music well if you wait two measures before beginning the dance.

- 1 1 Facing slightly and moving R, Step on R
2,& Flex R knee, bringing L leg through
3,4 Continuing, Step forward on L
5,& Flex L knee
1 Turning to face center, Step on R
2,& Flex R knee
3,4 Touch ball of L ft slightly forward in front of R
5,& Flex R knee
3 1 Step on L in place or slightly forward
2,& Flex L knee
3,4 Touch ball of R ft diagonally back and to the R, sweeping it close to L.
The movement should be a CCW arc close to the floor.
5,& Flex L knee

Shortcut: Step, Across; Step, Touch; Step, Back

Note: Repeat until the music speeds up, then change to Pattern II

PATTERN II - The Dance - Hands down

- 1 & Facing slightly & moving R, a quick Hop (Cukce) on L just before count 1
1,2 Step forward onto R ft, bending L knee
3 Cukce on R, Swinging L forward low and around past R leg
4,5 Step forward onto L
2 1,2 Cukce on L, reaching forward to Step onto R. L ft turns slightly in place
3 Step forward onto L ft
4 Turning to face center, Step sideward onto R
5& Close and Step quickly on L ft beside R
3 1,2 Step sideward onto R
3 Turning to face slightly R and moving R, Step forward onto L
4,5 Hop on L ft in place, lifting R slightly behind and preparing to swing it forward for the beginning of the pattern.

Repeat this pattern until the end of the music.

Cont...

Shortcut: Step, &, Swing, Step; R, L, R Close-; R, L, Hop

Note: The dance should move lightly briskly along with a sense of freedom.
The legs should swing to the next step. This is not a plodding dance.

Dance description by Tom Deering