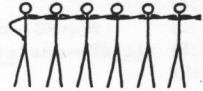


STANKINO — Macedonia (Édessa)

Adv.

СТАНКИНО

(Line dance, no partners)

Translation: Derived from Stanka, a girl's name.Rhythm: 11/16 (♩♩♩♩♩) counted 1-and-2-and (♩), 3-and-ah (♩.), 4-and-5-and (♩), or "slow quick slow".Record: Folkraft LP-15, side A band 4 (2:48)—village orchestra.Starting Position: "T" position. Right foot free.

Music 11/16

Measure

VARIATION I — Warming up

- 1 Facing slightly and moving right, step forward on right foot (count 1), flexing knee (counts 2-and), Continuing, step forward on left foot (counts 3-4), flexing knee (counts 5-and).
- 2 Turning to face center, step sideward right on right foot (count 1), flexing knee (counts 2-and), Touch ball of left foot slightly forward (counts 3-4), flexing right knee (counts 5-and).
- 3 Step slightly backward on left foot (count 1), flexing knee (counts 2-and), Touch ball of right foot slightly diagonally backward (counts 3-4), flexing left knee (counts 5-and).

Note: Continue "warming up" until music speeds up and leader changes the step.

VARIATION II — The dance

In "V" position:

- 1 Facing slightly and moving right, a quick hop on left foot (count "ah" before count 1), Step forward on right foot (counts 1-2), Hop on right foot, raising left knee slightly (count 3), Step forward on left foot (counts 4-5).
- 2 A quick hop on left foot (count "ah" before count 1), Step forward on right foot (counts 1-2), Step forward on left foot (count 3), Turning to face center, step sideward right on right foot (counts 4-5).
- 3 Close and step quickly on left foot beside right (count "ah" before count 1), Step sideward right on right foot (counts 1-2), Turning to face slightly and moving right, step forward on left foot (count 3), Hop on left foot in place (counts 4-5).

Note: First step of measures 1 and 2 is actually a skip (counts ah-1).