

TA POTRESENA

Slovenian couple dance from Gorenjsko

Notes by Dick Crum, revised 10/88.

Ta potresena (tah poh-TREH-seh-nah, 'jiggling or bouncy dance') is a 2-part offshoot of the dance *Zibnšrit* combined with a Slovenian-style schottisch chorus. It was formerly done in the region around Slovenia's capital city, Ljubljana.

Recordings: Slovenian Traditional Dances 104 (cassette), *Ta potresena*.

Meter: 2/4

Initial formation and position: Couples; partners side by side facing in LOD, M on inside, W on outside, inside hands joined low, outside hands in fist at own outside hip.

MEAS	COUNT	ACTION
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Note: M's and W's footwork is opposite throughout.

PART I

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| 1 | 1&2& | Moving fwd in LOD, M beginning Lft, W beginning Rft, 4 short running steps (lightly stamped). |
| 2 | 1 | Continuing fwd in LOD, short running step, M Lft, W Rft. |
| | & | Low hop or bounce, M Lft, W Rft, almost in place. |
| | 2 | Stamp, M Rft, W Lft, in place (no weight). |
| | & | Pause. |
| 3-4 | | With opposite footwork to meas 1-2 (M beg. Rft, W beg. Lft), partners move slightly in LOD, at same time moving toward each other, ending up face to face on the final stamp. |
| 5-8 | | Partners take ballroom position and, M beginning Lft, W beginning Rft, do 4 bouncy schottisch-polka steps (step-step-step-low hop), 1 per measure, turning as a couple 1 full turn clockwise with each 2 schottisch-polkas (total 2 CW turns in these 4 meas). |
| 9-16 | | Repeat meas 1-8. |

Variation on Part I: Partners may do meas 1-4 "unattached", i.e., with hands in fists on own hips, move forward and apart (M diagonally toward center, W away from center) during meas 1-2, then forward toward each other in meas 3-4.

PART II

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| 17-18 | 2 bouncy schottisch-polkas (as in meas 5-6), making 1 full turn as a couple clockwise, beginning M's Lft, W's Rft. |
| 19-20 | In 4 pivot steps (M: LRLR, W: RLRL) 1 full turn as a couple clockwise. |
| 21-32 | Repeat movements of meas 17-20 three more times for a total of four. |