

TESKOTO

TRANSLATION AND BACKGROUND

- : The name of this dance is derived from the word *teško* (heavily). *Teškoto* translates to "the heavy one".
- It is old Macedonian dance that belongs to the category of so called *Komitski-* or *Hajduški* dances. (revolutionary- or rebels dances).
- Some of the individual movements resemble the activity of keeping watch and the listening for suspicious sounds.
- Teškoto* is originally a man's dance.
- This version is notated in the town of Razlog, Pirin region (Bulgarian-Macedonia).

MUSIC

- : LP "Folk Dances from Bulgaria - 3"
by Jaap Leegwater JL 1985.01 Side 2, Band 4.

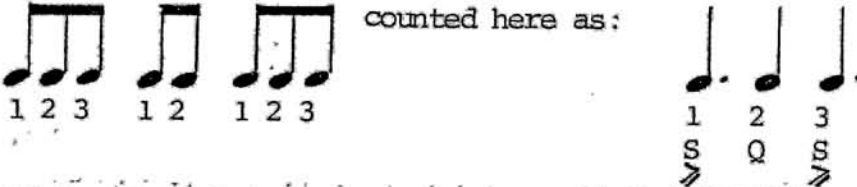
STYLE

- : Macedonian or *Pirinski*:
- on the ball of the feet
- vertical bouncy character

Both dancers and musicians often play with the duration of the stressed parts in the measures. Or putting it in a different way: they "stretch" or "shorten" those accents from time to time as they feel like. The interaction between dancer and musician in this case is very important. By doing this a certain tension or hesitation is created which is so characteristic for the Macedonian dance and music.

Therefore it is very hard to determine exactly in what meter the dance or music is performed; a well-known dilemma of the Western dance researcher or musicologist who wants to "catch" the rhythm into a musical notation.

METER

- : 8/8
- 
- counted here as:

SOURCE

- : Learned by Jaap Leegwater as a student at the State Choreographer School in Plovdiv, Bulgaria in 1975. It was taught by Dimităr Dojčinov.

FORMATION

- : Half circle or line.
Different handholds are done:
- T-position for the men in line
 - when done individually the L hand is on the back and the R hand up twirling a little scarf
 - W-position, when done as a mixed- or women's version in a half circle
 - the hands are free during turns and look-out gestures like in Part 2

INTRODUCTION : None

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1	facing ctr, moving sdwd R, step on R ft (ct 1), lift on Rft, moving L ft with toes pointing down and leg straight, close along the floor in front of R ft (ct 2), step on L ft in front of R ft (ct 3), lift R ft off the floor (ct &)	
2	repeat action of meas 1	
3	step on R ft in place with slight knee bending (ct 1), straighten up and place L toe fwd (ct 2), hold (ct 3)	
4-6	repeat action of meas 1-3 with opp ftwk and directions	
7-12	repeat action of meas 1-6	

Part 2

1	step on R ft, leaving L ft on the floor and bending both knees (ct 1), straighten up (ct 2), lift L ft diag L behind off the floor (ct 3)	
2	repeat action of meas with opp ftwk	
3	step on R ft sdwd R, leaving L ft on the floor (ct 1), gradually turn on the ball of both ft to face LOD while bending both knees more (ct 2), land on L knee on the floor (ct 3)	
4	straighten up (ct 1), continue straightening up, turning on the ball of both ft to face ctr (ct 2), turning to face RLOD, quickly bend both knees and land on R knee on the floor (ct 3)	
5	hold (ct 1), straighten up slowly (ct 2-3)	
6	continue to straighten up, turning on the ball of both ft to face ctr (ct 1-2) shift wt onto L ft and lift R ft of the floor (ct 3)	
7-12	repeat action of meas 1-6	

Part 3

1	facing ctr, moving sdw R, step on R ft (ct 1), lift on R ft, raising L knee in front (ct 2), step on L ft in front of R ft (ct 3)	
2	a slow, low leap onto R ft (ct 1), move L ft slowly across behind R calf (ct 2), step on L ft across behind R, bending both knees, wt equally on both ft (ct 3)	
3	leap onto R ft in place, swinging L ft across behind R leg, L knee turned out (ct 1), swing L ft sdwd L (ct 2), swing L ft across in front of R leg, L knee turned out (ct 3)	

(OVER)

TEŠKOTO (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 3 (continued)</u>
4	step on L ft bkwd, followed by a step on R ft next to L ft and lift L ft off the floor (ct 1), step on L ft fwd (ct 2), step on R ft bkwd (ct 3)	
5-8	repeat action of meas 1-4 with opp ftwk and directions	
9-16	repeat action of meas 1-8	

Repeat the dance one more time from the beginning.