

ZABCKO
(Macedonia)

Record: Worldtone MT-LP-64-701, side 2, band 1
 Rhythm: 2/4
 Formation: Broken circle, hands joined and held down

Measure	Pattern
1-8	Introduction
	<u>STEP I</u>
1	Facing and moving in LOD, step R (ct 1), step L (ct 2)
2	Step R (ct 1), step L (ct &), touch R heel to floor, toes pointing diag fwd R (ct 2), roll onto full R ft (ct &)
3	Continuing in LOD, leap fwd onto L, R ft raised diag back to R, R knee bent (ct 1), touch R heel to floor, toes pointing diag fwd R (ct &), roll onto full R ft (ct 2), leap fwd onto L, R ft raised diag back to R, R knee bent (ct &)
4	Step fwd R (ct 1), touch L heel next to R (ct 2)
5-8	Continuing in LOD, repeat measures 1-4 with opposite footwork
	<u>STEP II</u>
1	Repeat measure 1, Step I
2	Step R (ct 1), step L (ct &), facing center, raise hands to shoulder height, elbows bent, leap onto R, L knee bent and raised in front of R leg (ct 2)
3	Leap sdwd L onto L (ct 1), close R to L (ct 2), leap sdwd L onto L (ct &)
4	Hold (ct 1), close R to L (ct &), small leap sdwd L onto L, R knee bent and raised in front of L leg (ct 2), turn to face LOD and bring hands down (ct &)
5-8	Repeat measures 1-4, Step II
	<u>STEP III</u> Hands up at shoulder height, elbows bent
1	Facing and moving in LOD, lift on L (ct 1), step R (ct &), step L (ct 2)
2	Continuing LOD, step R (ct 1), step L (ct &), step R (ct 2)
3	Facing center and moving bkwd, lift on R (ct 1), step L (ct &), step R (ct 2)
4	Continuing bkwd, step L (ct 1), step L (ct &), step fwd on L (ct 2)
5-6	Facing center and moving forward, repeat measures 1-2, Step III
7-8	Repeat measures 3-4, Step III
9-16	Repeat measures 1-8, Step III

Sequence: Introduction, Steps I, II, I, III, then alternate Steps II and I until end of music.

Presented by Atanas Kolarovski
 Notes from Stockton Folk Dance Syllabus
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