

ZAPLANJSKI CACAK
(East Serbia)

Source: Nena Sokolic

Record: AMAN-LP 104

Time: 2/4

Formation: Mixed line, belt-hold.

Measures: Step I

- 1 Step right with R (facing center) (ct.1)
Continue right bringing L almost to R (ct.2)
- 2-3 REpeat meas.1 twice.
- 4 Step right with R (ct.1) Flex right knee, L
remains on floor (ct.2).
- 5 Repeat meas. 4 opp. ftwk. opp. dir.
- 6 Repeat meas. 4
- 7-8 REpeat meas.3,4 opp.ftwk. opp. dir.
Step is done 4 times

Bridge

- 1-3 Repeat meas. 1-3 of Step I
- 4 Step right with R (ct.1) Step L in place (ct.2).

Step II

- 1 Step R to right, body rocks slightly to right
(ct.1) Step right with L (not quite together)
with body rocking back to left (ct.2).
- 2-3 Repeat meas 1.
- 4 Step R to right, body rocks right, left knee
is raised (ct.1) Hold (ct.2).
- 5 Repeat meas. 4 opp. ftwk. opp. dir.
- 6 Repeat meas 4.
- 7-8 Repeat meas 3-4 opp. ftwk. opp. dir.
Step II is done twice.

ZAPLANJSKI ČAČAK
(cont.)

Measure: Step III

- 1 Step right with R (ct.1) Bring L around to cross in front of R (ct.2).
- 2-3 Repeat meas. 1.
- 4 Step right with R., lifting left knee (ct.1) Relax left knee so foot gives a gentle kick (ct.2).
- 5 Repeat meas. 4 opp. ftwk opp. dir.
- 6 Repeat meas. 4.
- 7-8 Repeat meas 3-4 opp. ftwk. opp. dir.
Step III is done twice.

Bridge- Repeat previous bridge

Step IV

- 1 Facing center hop on L (ct.1) Step on right heel to right (ct.&) Step on L together (ct.2).
- 2-3 Repeat meas. 1.
- 4 Bounce on both feet (cts.1,&,2). Hold (ct.&).
- 5-6 Touch left heel fwd. and slightly left (meas.5) Step L in place (meas.6).
- 7-8 Repeat meas. 5-6 opp. ftwk.
- 9-16 Repeat meas. 1-8 opp. ftwk. opp. dir.
Step IV is repeated.

Bridge

Step V

- 1-4 Repeat meas. 1-4 of Step IV
- 5-6 Repeat meas. 3-4 of Step IV opp. ftwk opp. dir.
- 7-8 Repeat meas. 3-4 of Step IV.
- 9-10 Repeat meas. 5-6.
- 11 Large step left with L bringing R to L.
- 12 Repeat meas. 11 to right with R.
- 13-15 Repeat meas 1-3 opp. ftwk opp. dir.

ZAPLANJSKI ČACAK
(cont.)

Measure: Step V- cont.

- 16 Step on L facing slightly left (ct.1) Stamp
on R (no weight) next to L (ct.2)
Step V is done twice.

Bridge

Step VI

- 1-4 Repeat meas. 1 of Step IV four times.
5-8 L moves fwd. strongly as you hold on the balls
of both feet.
9-10 Repeat meas 1-2 opp. ftwk. opp. dir.
11-16 Repeat meas 11-16 of Step V.
Step VI is repeated.

Step VII

- 1-8 Repeat meas 1-8 of Step VI.
9 Body remains at same level as feet switch
to put R fwd. (ct.1) Hold (ct.2).
10 Repeat meas 9 to put L fwd.
11-12 Repeat meas 9-10.
13-16 Repeat meas. 13-16 of Step V.

Bridge

Step VIII

- 1 On flat foot, step R to right (ct.1) Step L
tog. (ct.&) Step R (ct.2) Step L tog. (ct.&).
2-3 Repeat meas 1.
4 Step R to right (ct.1) Step L tog. (ct.&)
Step R (ct.2) Hold (ct.&).
5 Repeat meas 4 opp. ftwk. opp. dir.
6 Repeat meas 4.
7-8 Repeat meas 3-4 opp. ftwk. opp. dir.
Step VIII repeats to end