

ATAANA S



1982

IN LOS ANGELES

ČUČUK
Macedonia

SOURCE: A Macedonian line dance from the Skopje region.
TRANSLATION: Choo-chook
RECORD: Yugoslav Folk Dances AK-003, Side 2, Band 2
FORMATION: Hands are either held at shldr level or in shldr hold.
METER: 9/16 meter counted here as: $\frac{1,2}{1} \frac{3,4}{2} \frac{5,6}{3} \frac{7,8,9}{4}$

METER: 9/16 PATTERN

Meas.

BASIC STEP:

- 1 Slight lift on L raising R knee (ct 1); in place step R,L,R (cts 2-4).
- 2-4 Repeat meas 1, 3 more times alternating ftwk (4 in all).
- 5 Repeat meas 1, moving in LOD.
- 6 In LOD, step L across R (ct 1); step R fwd (ct 2); step L across R (ct 3); face ctr and step R to R (ct 4).
Repeat meas 2-6 until leader calls change.

VARIATION A (SLOW):

- 1-3 Repeat meas 2-4 of Basic Step.
- 4 Moving in LOD, lift on L raising R knee high (ct 1); step R to R (ct 2); in a slow continuous motion, bring raised L knee across R (ct 3); flex R knee (ct 4).
- 5 In place leap onto L across R (ct 1); leap to R on R and raise L knee in front (ct 2); hold (ct 3); flex R knee (ct 4).
Repeat meas 1-5 until leader calls change.

VARIATION B (FAST):

- 1-3 Repeat meas 2-4, Basic Step.
- 4 Moving in LOD, hop on L and swing R leg in front of L (ct 1); step R to R (ct &), step L across R (ct 2); hop on L and swing R leg in front of L (ct 3); step R to R (ct &); step L across R (ct 4).
- 5 Hop on L and swing R leg in front of L (ct 1); leap onto R raising L knee (ct 2); hold (cts 3); flex knees (ct 4).
Repeat meas 1-5 until leader calls change.

VARIATION C (FAST)

- 1-3 Always precede this variation with meas 1-3 of "Basic Step."
- 4 Moving in LOD, hop on L (ct 1); hop on L (ct &); step R to R (ct 2); leap L across R (ct 3); hop on L (ct 4); step R to R (ct &-uh).
- 5 Still moving in LOD, leap L across R (ct 1); hop on L (ct 2); step R to R (ct &); step L across R (ct 3); step R to R, face ctr (ct 4); step L behind R (ct &-uh).
- 6 In place leap onto R raising L knee (ct 1); hop on R (ct 2); step L,R,L,R (cts &,3,4,&-uh).
- 7-8 Repeat meas 3 twice more alternating ftwk (3 in all).
- 9 Moving in LOD, leap on L across R (ct 1); hop on L (ct 2); step R to R (ct 3); hop on L (ct 4); step R to R (ct &-uh).

- 10 Moving in LOD, leap onto L across R (ct 1); hop on L (ct 2); step R to R (ct &); step L across R (ct 3); step R to R and face ctr (ct 4); step L behind R (ct &-uh).
Repeat meas 4-10 until leader calls change.

VARIATION D (FAST)

- 1 Moving in LOD, hop on L (ct 1); hop on L (ct 2), step R to R (ct &); step L across R (ct 3); step R to R (ct 4); step L across R (ct &-uh).
- 2 Repeat meas 1.
- 3 Still moving in LOD, repeat meas 1, cts 1-3 (cts 1-3); step R to R and face ctr (ct 4); step L behind R (ct &-uh).
- 4 In place leap onto R lifting L knee (ct 1); hop on R (ct 2); step L,R (cts &,3); hop on R (ct 4); step L (ct &-uh).
- 5 In place hop on L raising R knee (ct 1); hop on L (ct 2); Step R,L,R,L (cts &,3,4,&-uh).
- 6 Repeat meas 5 with opp ftwk.
Repeat meas 1-6 until leader calls change.

VARIATION E (FAST, Men only):

- 1-3 Always precede this variation with meas 3-5 of Var. C.
- 4 In LOD, repeat Var. C, meas 6.
- 5 Leap L across R (ct 1); leap R in place (ct 2); squat (ct 3); leap up from squat onto both ft (ct 4).
- 6 Turn CCW (R) in air and land on both ft (ct 1); hold (ct 2); squat (ct 3); leap up from squat onto both ft (ct 4).
- 7 Repeat meas 6 with opp ftwk and turn.
- 8 Repeat meas 6.
Repeat meas 4-8 if the leader calls it again.

VARIATION F (FAST):

- 1 Moving in LOD, repeat Var. E, meas 4.
- 2 Moving in LOD, repeat Var. C, meas 5.
- 3-5 In place, repeat Var. D, meas 4-6.

Presented by Atanas Kolarovski
January 9-10, 1982

Dance notes from 1975 San Diego State University Folk Dance Conference

First

ČUPURLIKA
Macedonia

The name of the dance means "city on the river". The Turkish name for the town of Titov Veles. The dance is said to have originated in the harems of the Turkish overlords when the Ottoman Empire dominated the Balkans.

PRONUNCIATION: Chuh-puhrr-lee-kah

RECORD: Folkraft LP-25, Side B, Band 1

RHYTHM: 7/8 increasing to 7/16 - $\frac{1,2,3}{S}$ $\frac{4,5}{Q}$ $\frac{6,7}{Q}$

FORMATION: Line dance for women only. Hands are clasped lightly or little fingers are hooked, held at shldr ht with bent elbows.

STYLE: Posture is very tall, and steps are small. The side to side hip movement is performed smoothly and is isolated from the upper torso. Hips move to the right when the weight is on the R ft and vice versa. The distinctive hip movement which accompanies the footwork of the dance should be learned from a qualified instructor, it can not be learned from the dance notes.

METER: 7/8 & 7/16 PATTERN

Meas. Cts.

7/8

PART I: SLOW

- 1 1-2 Facing ctr, lift on L, raise R slightly off floor.
- 3 Step slightly back on R.
- 4-5 Lift on R, raise L slightly off floor.
- 6-7 Step slightly back on L.
- 2 1-2 Lift on L, raise R slightly off floor.
- 3 Step slightly back on R.
- 4-5 Step back on ball of L.
- 6-7 Step (almost rock) on R in place.
- 3 1-2 Lift on R, raise L slightly off floor.
- 3 Step L across R.
- 4-5 Step R to R.
- 6-7 Step L to R, L still across R.

7/16

PART II: FAST

NOTE: When the tempo increases, dancers continue the same ftwk with the following changes in counting the rhythm. Same as meas 1, Part I, except lift on cts 1-2, 3-4 become hops.

- 1 1-3 Step slightly back on R
- 4 Step slightly back on L
- 5-7 Step R in place.
- 2 1-3 Step L across R.
- 4 Step R to R.
- 5-7 Step L to R, L still across R.

Presented by Atanas Kolarovski, January 9-10, 1982

Original notes by Rickey Holden, Wouter Swets, Atanas, and Dennis Bosell.
Revised by R & S Committee

PART III:

- 1 1 Moving in LOD, lift on L while placing R heel on floor.
- 2-5 2 Step R, L, R, L.
Repeat meas 2, Part I, more subdued.
- 1 1 Facing ctr, lift on R, lift-push L out in front.
- 2 2 Step L to L.
- 3 3 Step R behind L.
- 4-5 4-5 Repeat meas 3, ct 1 and hold.
- 4 Repeat Part I, meas 4.
Repeat Part III until leader signals change.

PART IV:

- 1-3 Repeat Part III, meas 1-3.
- 4 1-2 Facing slightly RLOD, step L to L.
- 3 Turning to face slightly LOD, step R to R.
- 4-5 Step L across R.
Repeat Part IV until leader signals change.

These notes are to serve only as a reminder for those who have learned the dance from a competent teacher.

Presented by Atanas Kolarovski
January 9-10, 1982

Dance notes by R & S Committee

KALADŽOJ
Albania

An Albanian dance, the title comes from the word "kölc" or sabja polo-kruk, (half-circle) in Macedonian, describing the crescent moon-shape of the sword.

RECORD: Songs & Dances of Yugoslavia, AK-006 (LP), Side 2, Band 3.

FORMATION: Mixed or separate lines facing ctr, hands joined at shldr ht.

RHYTHM: 12-16 counted: $\frac{1,2,3}{1}$ $\frac{4,5}{2}$ $\frac{6,7}{3}$ $\frac{8,9,10}{4}$ $\frac{11,12}{5}$

STYLING: Correct styling is most important and when done well makes a very beautiful dance. The body is bent fwd during the steps done in place, resuming an upright pos for the traveling steps. Knees are flexible, leading a loose and graceful bounce to the steps. When the R ft extends outward, the L shldr is held back, and the whole torso sways with the movement of the ft. When the L ft is fwd, the L shldr also moves fwd.

There are 3 possible positions for the hands: In a mixed line, the "W" hold may be used. In separate lines, W place R hand on hip, or extend the L arm to shldr of W on her L. M use shldr hold, OR: L arm extends straight out to L side in front of R arm of the dancer next to you. It should be just stiff enough to keep you an arm's length away. R arm is bent fwd at elbow and hold close the the body to support the dancer on your R. For the steps in place, W hoop their hands on hips, while M raise R arm twd head when L leg in back and vice versa.

METER: 12/16

PATTERN

Meas.

INTRODUCTION:

1 No action (cts 1-4), with wt on L, lift R in front of L (ct 5).

FIG. I: IN PLACE

1 Stepping R to R, step-bounce twice (cts 1-2); lift L fwd (ct 3); step L fwd of R (ct 4); step back on R, lift L (ct 5).

2 Circle L behind R (cts 1-2); step L behind R (ct 3); cross R over L and bounce twice (ct 4); step back on L (ct 5); lift R fwd (ct &).

3-4 Repeat meas 1-2.

FIG. III: MOVE AND FACE LOD

1 Lift R fwd (ct 1); step R fwd, lead with heel (ct 2); complete step by stepping on complete ft (flat) (ct 3); step L fwd (ct 4); light leap fwd on R (ct 5).

2 Step R fwd (ct 1); bounce on L (ct 2); step fwd R,L (cts 3-4);
light leap fwd on R (ct 5); step L fwd (ct 6).

Begin dance from beginning.

Presented by Atanas Kolarovski
January 9-10, 1982

Dance notes from San Diego State University Folk Dance Conference, 1977

3rd

POTRCANO
Macedonia, Rkopje Region

PRONUNCIATION: Poh-ter-chah-noh

TRANSLATION: Hurrying

RECORD: Folkraft 1465, Side B, or LP-15

RHYTHM: 7/16 counted here as: $\frac{1,2,3}{1} \frac{4,5}{2} \frac{6,7}{3}$ (S,Q,Q)

FORMATION: Mixed lines with hands joined in "V" pos.

STEPS: Hop-step-step-(L): Hop on L (ct 1); step R fwd (ct 2); step L fwd (ct 2). Can also be done with opp ftwk.

Running two-step (R): Slight leap on R fwd (ct 1); close L to R (with step or slight leap) (ct 2); step (or slight leap) R fwd (ct 3). Repeat with opp ftwk.

Step-hop (L): Step L fwd (ct 1); hop on L (ct 2); hold (ct 3). Repeat with opp ftwk.

Hops: All hops are so slight as to be almost lifts.

METER: 7/16

PATTERN

Meas.

VARIATION I: (BASIC)

- 1-2 Facing slightly R and moving in LOD do 2 hop-step-steps, L,R.
3-4 Moving R, do 2 running two-steps, R,L
5 Turning to face ctr, step-hop R in place.
6 Turning to face slightly L and moving RLOD, do 1 hop-step-stp R.
7 Turning to face slightly R, but still moving RLOD, do 1 hop-step-step R bkwd.
8-10 Turning to face ctr, do 3 step-hops, L,R,L in place. (M raise knee high on hop.)

VARIATION II:

- 1-7 Repeat meas 1-7 Var. I.
8 Quick leap on L in place (ct ah); leap on R in place (ct 1); leap on L in place (cts 2-3); leap on R in place (ct ah).
9-10 Repeat meas 8, twice more alternating ftwk.

VARIATION III:

- 1-10 Repeat Var. I, except squat-kick instead of step-hop during meas 5 and 8-10.

VARIATION IV: (TURN)

- 1-10 Repeat Var. I, except release hands and turn CCW twice around while moving L during meas 6-7.

Presented by Atanas Kolarovski
January 9-10, 1982

Original notes by Rickey Holden and Dennis Boxell
Revised by R & S Committee

VELEŠKO ORO
Macedonia

PRONUNCIATION: Veh-less-koh Oh-roh

RECORD: AK-007

FORMATION: Lines with hands joined in "W" pos.

RHYTHM: 9/8 meter, counted here as: $\frac{1,2}{1}$ $\frac{3,4}{2}$ $\frac{5,6}{3}$ $\frac{7,8,9}{4}$ (Q,Q,Q,S)

METER: 9/8

PATTERN

Meas.

FIG. I:

- 1 Facing and moving LOD, lift on L (ct 1-Q); step fwd R,L,R (cts 2-4, Q,Q,S).
- 2 In LOD, step L,R,L,R (cts 1-4, Q,Q,Q,S).

FIG. II:

- 1 Face ctr and in place, lift on R (ct 1,Q); step L in place (ct 2-Q); hold (ct 3-Q); step R slightly fwd, step L back (ct 4-S).
- 2-3 Repeat meas 1, alternating ftwk twice more.

REPEAT FIG. I-II until leader calls change.

FIG. III: (Arms down in "V" pos)

- 1 Facing and moving LOD, lift on L (ct 1-Q); step R,L fwd (cts 2-3, QQ); step R,L fwd (ct 4-S).
- 2 Repeat meas 1.
- 3 Small leap onto R fwd (ct 1-Q); step L,R fwd (cts 2-3, QQ); step R,L fwd (ct 4-S).
- 4 Repeat meas 3 with opp ftwk.

FIG. IV: (Steps done in place)

- 1 Lift on L, raise R leg fwd (ct 1-Q); step R in place (ct 2-Q); step L fwd, raise R behind L calf (ct 3-Q); lift on L, step R back (ct 4-S).
- 2-4 Repeat meas 1, 3 more times (4 in all), alternating ftwk.

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Dance notes typed by R & S Committee

ŽENSKO ČAMČE
Macedonia

PRONUNCIATION: Chen-sko Chahm-chen

RECORD: Worldtone, Side 1, Band 2 (LP), AK-002

FORMATION: W in broken circle, facing ctr with hands joined at shldr ht.

RHYTHM: 7/16 counted here as: $\frac{1,2,3}{1} \frac{4,5}{2} \frac{6,7}{3}$ (S,Q,Q)

METER: 7/16

PATTERN

Meas.

FIG. I:

- 1 Hold
- 2 Step L fwd (ct 1); step R bkwd, raise L in front of R (ct 2); bring L behind R (ct 3).
- 3 Lift twice on R, L raised slightly in back of R (cts 1-2); step L in place (ct 3).
- 4 Step R in front of L (ct 1); step back on L, raise R in front of L (cts 2-3).
- 5-6 Repeat meas 3-4 with opp ftwk and keeping R leg raised in front of L on meas 5.
- 7-8 Repeat meas 3-4.
- 9 Lift on L (ct 1); moving to R, lift on L and touch R heel to floor (ct 2); roll onto full ft (ct 3).
- 10 Still moving R, step L (ct 1); lift on L and touch R heel to floor (ct 2); roll onto full ft (ct 3).
- 11 Repeat meas 10.
- 12-21 Face ctr and repeat meas 2-11.
- 22-28 Face ctr and repeat meas 2-8, add a lift on L on last ct of meas 28.

FIG. II:

- 1-2 Facing and moving R, step R,L,R, L,R,L (S,Q,Q, S,Q,Q)
- 3 Lift on L, raise R slightly (ct 1); facing ctr, step R diag fwd R (cts 2-3).
- 4-6 Repeat meas 2-4.
- 7 Lift on L (ct 1); step R slightly sdwd to R, lift L across R (cts 2-3).
- 8 Step L next to R (ct 1); lift on L, raise R across L (ct 2-3).
- 9-16 Repeat meas 1-8.

FIG. III:

- 1-2 Repeat meas 1-2, Fig. II.
- 3 Moving to R, step R,L (cts 1-2); hold (ct 3).
- 4 Face ctr and step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3).
- 5 Bend R knee and lift L in front of R slightly off ground (ct 1); straighten R and bring L around in back of R (cts 3-4).
- 6 Repeat meas 5, with L held in back of R.
- 7 Step back on L (ct 1); step R next to L (cts 2-3).
- 8 Step L across R (ct 1); lift on L, raise R across L (cts 2-3).
- 9-32 Repeat meas 1-8, 3 more times (4 in all).
- 33-35 Repeat meas 1-3.
- 36 Facing ctr, step R to R (ct 1); lift on R, raise L across R (ct 2-3)

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Dance notes from 1971 San Diego S.U.F.D. Conference