ČETVORKA
Eastern Macedonia

TRANSLATION: In fours

RECORD: Folkraft 1555 (45) -- calgija

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

METER: 2/4   PATTERN

Meas.

INTRODUCTION: 8 meas

VARIATION I:

1-2	Facing LOD and moving · ·. in LOD, begin R and do 2 lift-step-step bkwd.
3-4	Still moving bkwd do small running steps RLR, LRL (cts 1,&,2 - 1,&,2).
5-8	Repeat meas 1-4.
9-16	Turning to face and move in LOD, repeat meas 1-8.
17-24	Repeat meas 1-8.

VARIATION II:

1	Facing slightly R of ctr with wt on L and knees bent, place R heel in LOD (ct 1); lower ball of R and take wt, L starts through (ct 2).
2	Three (3) quick running steps (LRL) in LOD (cts 1,&,2).
3-4	Repeat meas 1-2.
5	Turning to face ctr, hop on L, raise hands and bring R knee high, as R begins movement across L (ct 1); step R across L with strong movement (ct 2).
6	Step diag L bkwd with L - lower hands (ct 1); step slightly diag R bkwd with R (ct 2).
7	Touch L heel slightly fwd, raise hands (ct 1); hold (ct 2).
8	Step lightly LRL in place, raise knees slightly (cts 1,&,2).
9-32	Remeat meas 1-8, 3 more times (4 in all).

VARIATION III:

1-2	Repeat meas 1-2, Var. II.
3	In LOD, leap high onto R (ct 1); long step diag L twd ctr with L (ct 2).
4	Step R across L (ct 1); step diag bkwd on L (ct 2).
5	Leap on R next to L, lift L across shin of R leg, ft relaxed, raise hands (ct 1); hold (ct 2).
6	Step LRL in place, lower hands (cts 1,&,2).
7-8	Repeat meas 5-6.
9-32	Repeat meas 1-8, 3 more times (4 in all).

VARIATION IV:

1-2	Repeat meas 1-2, Var. II.
3-4	Repeat meas 5-6, Var. II.
5	Facing ctr and moving sdwd, step L to L (ct 1); step R behind L (ct &); step L to L (ct 2). Steps are quick and small.
6-7	Repeat meas 5-6, Var. II.
8	Close L to R and lower heels 3 times, take wt on L on 3rd bounce and bring R up beside L ready to repeat Var IV.
9-32	Repeat meas 1-8, 3 more times (4 in all).

OTHER VARIATION POSSIBLE   Notes from 1966 Kolo Festival

Presented by Atanas Kolarovski, Jan 9-10, 1982