

## SKOPSKA CRNOGORKA

Skopje, Macedonia

This dance is from the capitol of Macedonia, Skopje, and is named after the Crna Gora (Black Mountains) that are nearby.

Source: As learned by Tom Deering from Atanas Kolarovski

Rhythm: 2/4 (counted: ah 1 & ah 2 &) in 6 measure phrases

Recording: Folkraft LP-15

Formation: Mixed lines, hands held down in "V" position with the leader on the right. The dance starts to the right with the right foot free. Step changes are signalled by the leader at the leader's discretion.

Style Note: Macedonian dances is are generally danced with a very vertical sense about them. Lifts, even when large, are vertical and in place, never "swung." Movements initiated with a hop or leap usually are usually formed early so the hop or leap moves the whole dancer as a single unit.

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### Meas Ct BASIC PATTERN

1,2	1-4	Facing slightly and moving R, 4 walking steps forward ( <b>R, L, R, L</b> )
3	1	Turning to face center, <b>Leap</b> onto R <u>in place</u> , lifting L low in front
	2	<b>Hop</b> on R in place
4	1,2	Facing slightly and moving L, 2 small walking steps forward ( <b>L, R</b> )
5	1,2	Facing slightly R but still moving L, 2 small walking steps back ( <b>L, R</b> )
6	1 & 2	Three quick steps in place, <b>Leap-Step-Step</b> preparing to move R

The following variations have the same form as the basic pattern above, substituting various more energetic movements for the walking steps.

### HOP-STEP-STEPS (Fast Basic Step)

1,2	1-4	Facing slightly and moving R and with weight on L, <b>Hop-Step-Step</b> twice
3	1,2	<b>Step-Hop</b> on R in place, lifting L low in front
4	1,2	Turning and moving slightly L and with weight on R, <b>Hop-Step-Step</b>
5	1,2	Facing slightly R but still moving L, <b>Hop-Step-Step</b>
6	1,2	<b>Leap-Step-Step</b> in place

### RUN-RUN-RUNS

1,2	1-4	Substitute <b>Leap-Step-Step</b> for the Hop-Step-Steps above
3-6		As in the Hop-Step-Step Variation above

GRAPEVINE Note: All of the action is with the feet--the hips do not twist  
The body faces center throughout meas 1-2.

1	ah	Facing center and moving R, <b>Touch</b> the ball of the R foot in <u>front</u> of L
	1 &	<b>Step</b> on L slightly to R behind R
	ah	Touch the ball of the R foot <u>behind</u> L
	2 &	<b>Step</b> on L slightly to R in front of R
2		REPEAT measure 1
3-6		As in the Hop-Step-Step Variation above

### REELS

1-3		Repeat meas 1-3 Grapevine Variation. On count 2 of measure 3 lift both hands from the elbows so that the lower arms are roughly horizontal. In measures 4, 5, & 6 swing arms assertively down when stepping on the L, let them return to horizontal when stepping on the R (arms stay down from the last count of measure 6 through the grapevine step).
4	ah	Slight <b>Hop</b> on R
	1	<b>Step</b> on L displacing R from behind (a reel step)
	ah	Slight <b>Hop</b> on L
	2	<b>Step</b> on R displacing L from behind (a reel step)
5		REPEAT meas 4 (4 reel steps all together)
6		REPEAT meas 6 above ( <b>Leap-Step-Step</b> in place)

Continued...

Meas   Ct      TURNS (for Men)

- 1-2            Facing and moving R, two counter-clockwise **Turns** stepping R, L, R, L
- 3              **Pause** standing on both feet and facing forward (R line of direction)
- 4              1            **Squat** on both feet
- 2            Rise **Up** to partial standing lifting R foot slightly in front
- 5              REPEAT measure 4 lifting L foot
- 6              REPEAT measure 4 ending standing on both feet ready to step onto R

Note: When in mixed lines, those who will be doing the turns separate from the others and move to the center on the last measure of the previous step. Those who are not doing the turns should continue with the reel step, leaving space for the turners to rejoin the line. Do not join hands to fill the gaps, put hands on hips or twirl handkerchiefs. The turning step is usually done twice in a row.

SQUAT WALK (for Men)

- 1-3            Facing and moving R, squatting halfway so knees are bent, 5 walking steps forward starting with the R and turning the lower body quickly in the direction of each step. Pause after the 5th step. The lower knee should almost touch the ground. Arms are kept raised in the air with forearms vertical and upper arms horizontal. The shoulders do not twist.
- 4-6            REPEAT measures 3-6 of the turns variation (3 Squat-Lifts)

Note: When starting the step for the second time, leap into the air as you are starting the first measure.

See the note under Turns above.