

# STANKINA

Background information: The origin of the dance is Lerin (Florina) but the dance is spread out all over the north Aegean Macedonia and also very popular in Voden (Edessa), and Kostur (Castoria) with minor difference in the performing style in each region.

In the first part of this century and before, the dance was known as men's dance or performed by woman but in two segregated groups. Recently is very frequently performed mixed by woman and men in the same semicircle.

The beginning of the dance is slow and very emotional. The second half is fast and ends, from semicircle, in snake formation moving all over the dancing place by the choice of the leader of the dance.

Formation: Open circle, high hand hold while performed slow part, and low hand hold when the tempo accelerates.

Rhythm: 11/8

Source: Uncle Simo Konstatinou from Lerin (Florina) Aegean Macedonia - Village of Ovcareni 1990.

Pattern	mea	count	note	movement description
	sure		value	
I	1	1		Facing diagonally R of the center. R ft step forward
		2		Hop step on R
		3		L ft step forward
	2	1		R ft step forward
		2-3		While weight on R ft L ft touches the ground L of the R ft
		3		L ft step backward
	3	2		R ft step backward
		3		L ft step forward
		II Facing diagonally R of the center, repeat measure 1 (count 1-2-3) from pattern I		
II	2	1		R ft step forward
		2		L ft step forward
		3		R ft step backward
	3	1-3		Repeat measure 3 (count 1-2-3) from pattern I
III. (Transition to the fast part)				
III	Repeat measure 1-2 from pattern II and when tempo exhilarate			
	3	1		L ft step backward
		2		R ft step backward
		3		L ft step backward
4		L ft hop in place		
IV. Fast part				
IV	1	1		Facing diagonally R of the center, Hop on L ft forward
		2		R ft step forward
		3		Hop on R ft forward
		4		L ft step forward
	2	1		L ft hops frwd
		2		R ft step forward
		3		L ft step forward
		4		R ft step backward
	3	1,2,3,4		Repeat measure 3 count 1-2-3-4 of the pattern III

After several times repeating the pattern moving to the R (counterclockwise), the leader continue the dance leading the group in curving form like snake crawling.

Presented by:

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