

# STARO PLANINSKO KOLO

Serbian

PRONUNCIATION: STAH-roh PLAH-neen-skoh KOH-loh

TRANSLATION: Old mountain dance

SOURCE: Dick Oakes learned this dance from Dr. Anthony Shay of the AMAN Folk Ensemble (aka, AMAN International Music and Dance Company) of Los Angeles, California. He taught this dance at the 1971 California Kolo Festival.

BACKGROUND: The Stara Planina mountains are a range of mountains that run toward the southeast near Zaječar and south of Pirot along the border with Bulgaria to the Black Sea. The Stara Planina range is remarkable for its flora and fauna. During Roman rule the mountain, for which the range is named, was known as Haemus Mons and historians consider that Haemus is derived from the Thracian word "saimon" (mountain range). The Slavs called it Matorni Gori, and Turks called it Kodzhabalkan and Balkan. The name "Balkan" comes from the Persian language meaning 'mountainous land'. There are endless stretches of untouched nature, vast mountain pastures, forests rich in forest fruit and herbs, picturesque villages, and interesting folklore. In 1997, Stara Planina was declared the park of nature for its exceptional beauties. Edelweiss grows on the range and some of the most striking landscapes are included, with steep cliffs, the highest waterfalls in the Balkan peninsula, and lush vegetation. There are a number of important nature reserves such as Čuprene and Kozjata Stena.

MUSIC: Festival Records (45rpm) FR-4102

FORMATION: Open cir of mixed M and W with joined hands held down in "V" pos.

METER/RHYTHM: 2/4

STEPS/STYLE: The dance is done with small steps. Hops are low, with the ball of the foot remaining on the floor.

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MEAS

MOVEMENT DESCRIPTION

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1-4 INTRODUCTION - 4 meas.

I. FIGURE ONE

1 Facing ctr with wt on L, touch R slightly swd R (ct 1); touch R next to and slightly fwd of L (ct 2);

2-3 Repeat action of meas 1 two more times;

4 With wt on balls of ft, pivot heels to R (ct 1); pivot heels to L (ct 2);

- 5 Step R twd ctr (ct 1); pause (ct 2);  
6 Step L twd ctr (ct 1); hold ct 2);  
7 Stamp R lightly (ct 1); pause (ct 2);  
8 Stamp R lightly (ct 1); pause (ct 2);
- 9 Low hop L (ct 1); low hop L (ct 2); step bwd R (ct &);  
10 Step bwd L (ct 1); step bwd R (ct 2);  
11-12 Repeat action of meas 9-10 bwd with opp fwk.

## II. FIGURE TWO

- 1 Quick, slight bend of L knee (ct 1); strike R heel lightly in place, straightening  
knees (ct &); repeat action of cts 1& (cts 2&);  
2-3 Repeat action of meas 1 two more times;  
4 With wt on balls of ft, pivot heels to R (ct 1); pivot heels to L (ct 2);
- 5 Step R twd ctr (ct 1); step L to R side of R (ct &); step fwd R (ct 2); pause (ct &);  
6 Repeat action of meas 5 fwd with opp fwk;  
7 Repeat action of meas 5, stepping fwd L on final ct &  
8 Stamp R lightly (ct 1); stamp R lightly (ct 2);
- 9-12 Repeat action of meas 9-12 of Fig I.

## III. FIGURE THREE

- 1-12 Turning to face to the L in RLOD, repeat action of Fig II.
- It is suggested that each figure be danced twice.