

STARO TIKVEŠKO

This is a dance from the Štip area of Ovčepole; it is not from the Tikveš region. The dance is perhaps a craft dance: one which was done by the makers of plaited straw mats ("rogaža") which were formerly used for sleeping. The dance involves motions connected with making and trying out these mats.

Rhythm: The dance begins with an introductory walking section, in a slow, more-or-less free rhythm. The slow part of the dance is in a slow four, while the fast part of the dance is in a fast four. In the fast part of the dance, we will count up to eight in a "measure", which is once through the musical phrase which begins the fast part.

The dance begins with men in an open circle. Face RLOD. Hands are free. Men are spaced about an arm's length apart.

INTRODUCTION

The dance begins with a series of slow walking steps forward, normally governed by the leader, with the musicians following him. When dancing to a record, one must get a feeling for the timing of the musicians' playing, so as to begin figure I on time.

About six steps are done, after which the upper body turns slightly towards center to allow each man to put his hands on his neighbors' shoulders. Four more steps are taken in this position. Then figure I begins.

During the first six steps, the arms are allowed to swing freely in opposition to the feet, so that the R arm is forward when the left foot is free. The shift of arms occurs approximately with the full shift of weight.

For those who want it, here is an elaborate description of the walking steps:

Begin by placing ball of foot forward on ground and then slowly shifting weight onto the whole foot, while flexing knee until you are in a deep flex, all the weight is on that foot, and the free leg is held in the air in such a position that the knees are near each other and the free lower leg is almost parallel to the ground, crossing somewhat behind the other's calf.

Now begin unflexing the knee, forcing the body up and finally raising the heel from the ground. Meanwhile the free foot is moved forward and raised higher. Finally it is extended forward and the knee is straightened somewhat for the next step.

FIGURE I (Count "one and two and three and four and")

Face right of center. Weight on left foot. Step (no weight) on the ball of the right foot to the right.

Measure Beat

I

1

Shift weight onto R
foot

Whole foot comes into contact with the floor as knee is deeply flexed. L knee is bent and L foot is in the air behind R calf.

STARO TIKVEŠKO, CONTINUED

Measure	Beat	
	and	Slowly straighten R leg until weight is on ball of foot only
	2	Hold
	3	Lower R heel and flex R knee
	and	Straighten R knee and lift R heel
	4	Repeat 3
	5-7 or 8	Hold position, but slowly pivot on R towards center and move L leg to L and somewhat forward in preparation for a step
	and	Step (no weight) on ball of L foot to L
II		Repeat I, reversing footwork and beginning with a step (no weight) onto left foot, a little before the first beat
III-IV		Repeat I-II

FIGURE II

Begin a little before the first beat by stepping (no weight) onto the ball of the R foot, to the R.

I	1	Shift weight onto R foot	R knee is flexed and the whole foot touches ground. L knee is bent and L foot is by R calf.
	and	Straighten R knee until weight is on ball of foot only	Free L is moved forward. L knee is bent and L heel is placed on front of R shin.
	2	Hold	
	3	Flex R knee and lower R heel, and twist body somewhat to left	
	and	Straighten knee, lift heel, and return body to natural position	
	4	Flex R knee, lower R heel and twist body somewhat to left	
	and	Lower L leg across in front of R to R, and step on L (no weight)	Straighten knee, lift heel, and return body to natural body position.

STARO TIKVEŠKO, CONTINUED

Measure	Beat	
II		Reverse footwork of I. On <u>4-and</u> , right leg is prepared for step to R.
III-IV		Repeat I and II

FIGURE III

I	1	Step or leap to R onto full R foot	L is raised high behind, L knee is somewhat bent. Body is bent forward from the waist. Head down.	
	2	Bending R knee, lower weight onto L knee and lower-leg		L leg is turned so that outside of L foot is on the ground and the toes point to right. Right foot is on the floor near L knee, R knee is bent. Head up.
	3	Place R knee and lower-leg on ground and transfer weight to it		Knees are somewhat apart. R leg is turned so that outside of R foot is on ground and toes point to L.
	4	Step full L foot near R knee, shift weight onto it and begin to rise		
II-III		Repeat I twice		

Now repeat figures II and III

FIGURE IV (Fast music)

I	1	Weight is on L foot. Rise up while hopping on L	Free R is raised high in front, bent at the knee.
	2	Step R by L	
	3	Hop on R	L is raised forward, bent at the knee. L thigh is rotated somewhat in hip socket so that L lower leg is raised across in front of R leg.
	3++	Step onto ball of L, somewhat to L of R foot	} loop-bloop
	4	Step onto R in place	
5	Hop on R in place	Raise L high forward, bent at knee.	

STARO TIKVEŠKO, CONTINUED

Measure	Beat		
	6	Step L to L and somewhat back of R	
	7	Step R in place	
	7++	Step forward onto ball of L foot	} Bloop-bloop
	8	Step onto full R foot in place	
II		Repeat I (but you must <u>step</u> onto L foot on count 1, since you are not already on it.)	
III-IV		Repeat II two more times, but with hands not joined and moving freely in opposition to free feet.	
V	1	Step L by R	Free R is raised forward, bent at knee.
	2	Step R by L	
	3	Hop on R	Turn slightly to R of center. Free L is raised forward, bent at knee and hooked or crossed in front of R even more than usual.
	3++	Leap forward and to L on ball of L foot	Body turns to L of center, free R is bent at knee, and held slightly off ground near L.
	4	Step forward on R into circle	Face center or R of center. Free L is raised, bent at knee and held near R.
VI	1	Leap forward on L	
	2	Step R forward across in front of left	Body faces slightly L of center.
	3	Hop forward on R	Face center, L is raised forward, bent at knee.
	4	Step forward on L, across in front of R	Face slightly R of center.
	5	Hop forward on L	Face center, R is raised forward, bent at knee.
	6	Step forward on R, across in front of L	Face slightly L of center.

STARO TIKVEŠKO, CONTINUED

Measure	Beat		
	7	Leap forward onto L, somewhat to R of where R foot was. R foot is simultaneously moved	Turn to face R of center. R knee is bent and R foot is raised behind.
	8	Step R somewhat to the R of L foot, Weight is evenly distributed	
	9	(Extra beat in music) Squat on both feet.	Body is tilted forward somewhat as both hands are placed on the ground.
VII	1	Using hands for support, leap into "push-up" position, but facing to L and with R leg under	Outside of R foot is on ground, and inside of L foot is behind it. Body faces L and head is pointed into center.
	3	Leap into opposite position, facing R with L leg under	Outside of L foot is on ground. Inside of R foot is behind it.
	5	Leap into the position of beat 1 again	
	7	Leap into a squat position with hands on floor	

Next: Repeat all of figure IV, but in doing measures I-IV, you move backwards as you do the steps, so as to reform the original large circle or line, but don't join hands.

FIGURE V

I-III		Same as in figure IV	
IV	1-4	Same as in figure IV	
	5	Step L forward	
	6	Step R forward	
	7	Step L forward	
	7++	Step forward on toes of R foot	} Bloop-bloop
	8	Close L behind R	

STARO TIKVEŠKO, CONTINUED

STARO TIKVEŠKO, CONTINUED

Measure	Beat		
V	1	Step R forward	
	2	Step L forward	
	3	Step R slightly behind and to R of L	R foot is placed so that it is pointing to L of center. Arms are brought up and out to sides.
	4	Turn 360 degrees CCW while hopping on R	Hands are forced down and into body. Free L foot is bent at knee and held near R leg.
	5-8	As in IV	
VI-VIII		Repeat V three times, or until music ends	