

TSOBANISTIKO

Danced in Macedonia in the northern nomadic regions, and though named a shepherd dance it is imitative of movements of a shepherd tending his sheep and he would throw stones to gather them or keep them in line as they stray.

Rhythm : 9/8

Formation: holding hands down and raising when in a sequence facing center

Record: Songs of Macedonia ll

meas.

pattern

1 (a) step side with R (ct1) bring L ft up (ct 2) , step L to R ( ct 3), bring R ft together (ct 4)

REPEAT three times

2 facing center cross R ft front of L, raise step with L ft in place bring R ft back of L ft, raise and step L ft together

REPEAT (a) 4 times

(b) facing center

1 raise L leg and accent ct.1 front, ct. 2 bend to side, ct. 3 to Left, bring L ft. down together ct. 4

2 Repeat the same only with the Right leg

3 same as in meas. #1

4 cross R ft jumpin onto it, jump in place with L ft , raise and bring R ft directly behind L ft. and bringing L ft together with a hop in place

REPEAT SEQUENCE 4 times

(c) jumping or leaping

1 leap onto R ft

2 leap onto L ft in the RLOD

3 leap onto Rft in the RLOD

4 to the L with L ft leaving R ft off the ground

repeat this 3 times

The do step as in meas #4 in (b)

REPEAT 4 times

(d) also leaping

1 leap onto R ft to RLOD

2 leap onto L ft to RLOD

3 leap onto R ft to RLOD

4 to LLOD with L ft three quick syncopated steps LRL

Repeat the above three times

Then complete the sequence with the same step as in meas. #4 in (b)

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