

ČETVORKA

(Eastern Macedonia)

Četvorka (CHET-vohr-kah) is translated "In Fours". The dance was presented at the University of the Pacific Folk Dance Camp, Stockton, California, in 1966 by Atanas Kolarovski of Skopje, Yugoslavia.

MUSIC: Record: Folkraft 1555X45 (Calgija).

FORMATION: Line of dancers facing RLOD, hands joined and down, R ft free. No ptrs are required, and M and W may dance in the same line. The dancer at the R end of the line is leader.

STEPS AND STYLING: Leap: (Right) Spring off the floor on L ft and land on R ft, both ft off the floor at height of action. There is a slight knee bend at beginning and end of action.

Lift-step-step: (Left) With wt on L ft, raise and lower (lift) L heel (ct 1), step on R ft (ct &), step on L ft (ct 2). When performed in a series, the step does not alternate but always starts on the same ft.

The small running steps are light and springy, danced on the balls of the ft, and contrast sharply with the high leaps and more vigorous steps.

MUSIC 2/4

PATTERN

Measures

8 meas INTRODUCTION. No action.

I. LIFT-STEP-STEP AND RUN

1-2 Facing RLOD and moving bwd in LOD, dance two Lift-step-steps (L).
3 Continue moving bwd with three small running steps R, L, R (cts 1, &, 2).
4 Still moving bwd, dance three small running steps L, R, L (cts 1, &, 2).

5-8 Repeat action of meas 1-4.

9-16 Turn to face LOD. Repeat footwork of meas 1-8 but move fwd in LOD.

17-24 Turn to face RLOD. Repeat action of meas 1-8.

II. HEEL-TOUCH AND RUN

1 Face slightly R of ctr, wt on L and knees bent, and place R heel in LOD (ct 1), lower ball of R ft, taking wt (ct 2) as L ft starts to pass in front of R.

2 Dance three small running steps fwd in LOD, L, R, L (cts 1, &, 2).

3-4 Repeat action of meas 1-2 (Fig II).

5 Face ctr and hop on L, raising joined hands and bringing R knee high as R ft begins movement across L (ct 1); step R across in front of L (a strong step) (ct 2).

6 Step diag bwd to L with L ft, lowering hands (ct 1), step slightly diag bwd to R with R (ct 2).

7 Raise joined hands and touch L heel slightly fwd twd ctr (ct 1), hold (ct 2).

8 Lower hands and dance three quick, light steps in place, L, R, L, raising knees slightly (cts 1, &, 2).

9-32 Repeat action of meas 1-8 (Fig II) three more times.

III. HEEL-TOUCH, RUN AND LEAP

1-2 Repeat action of Fig II, meas 1-2.

3 Facing ctr, leap high in LOD onto R ft (ct 1), dance a long step diag R twd ctr with L ft (ct 2).

4 Step R across in front of L (ct 1), step diag bwd L on L (ct 2).

5 Raise joined hands and leap onto R next to L, lifting L knee to bring L ft across shin of R leg, ft relaxed (ct 1), hold (ct 2).

6 As hands are lowered, dance three small steps in place L, R, L (cts 1, &, 2).

ČETVORKA (continued)

- 7-8 Repeat action of meas 5-6 (Fig III).
9-32 Repeat action of meas 1-8 (Fig III) three more times.

IV. HEEL-TOUCH, RUN AND BOUNCE

- 1-2 Repeat action of Fig II, meas 1-2.
3-4 Repeat action of Fig II, meas 5-6.
5 Still facing ctr, dance three small steps moving RLOD (CW) stepping L to L, R behind L, L to L (cts 1, &, 2).
6-7 Repeat action of Fig II, meas 5-6.
8 Bring L back to R and lower heels three times (cts 1, &, 2). Take wt on L on third bounce and bring R ft up beside L ankle ready to repeat Fig IV.
9-32 Repeat action of meas 1-8 (Fig IV) three more times.

V. TOE-TOUCH AND 1/2 TURN

- 1 Facing ctr, touch R toe to side, R knee straight and turned out (ct 1); bring R ankle to L calf, R knee twd ctr (ct 2). (L knee bends slightly.)
2 Release hands and make 1/2 turn CW (R) with three steps: Step R swd R in LOD (ct 1); step L, R (cts & 2) to complete 1/2 turn. First step is swd so that movement is in LOD (CCW).
3-4 Rejoin hands and repeat action of meas 1-2 (Fig V) with opp footwork but turn CCW (L) on meas 4 to face ctr.
5-8 Repeat action of meas 1-4 (Fig V).
9-10 Rejoin hands. Repeat action of Fig II, meas 5-6.
11 Lean fwd from hips, joined hands extended twd ctr, and step fwd L (ct 1), close R instep to heel of L ft (ct &), step fwd L (ct 2) (a two-step).
12 Repeat action of meas 11 (Fig V) with opp footwork.

NOTE: The following alternate steps may be used for meas 11-12:

Meas 11: Moving twd ctr, hop on R twice, bringing L ft around twd ctr and keeping it very close to floor (cts 1, &), step fwd on L (ct 2).

Meas 12: Repeat action of meas 11 with opp footwork.

- 13 Leap onto L ft next to R (ct 1); without taking wt slap R ft fwd, full ft on floor, knees bent, raising joined hands sharply, elbows bent (ct 2).
14 Leap onto R next to L (ct 1), bringing hands down and bwd, stamp L ft next to R, no wt (ct 2).
15 Hop on R raising hands again (ct 1), step bwd L, R, lowering hands (cts 2, &).
16 Leap bwd L, hands back (ct 1), stamp full R, no wt, knees bent, as hands are returned down to "V" pos (ct 2).

NOTE: The arms are used in a swinging manner, even and smooth but with strength, during meas 13-16 (Fig V).

- 17-48 Repeat action of meas 1-16 (Fig V) to end of music (three times in all). Finish last repeat by raising joined hands to shoulder height on last stamp (ct 2, meas 48) (Fig V).