

CIFTE GANOE

Originally a war dance. From Bitola region. See Tamburitzen Program of about 1969 for story of Cifte Gance.

These notes made from films of Atanas doing the dance Feb. 1972. Use in conjunction with cue sheet. Notes by Tink Wilson.

IN

1 Intro. Q-S DUM-DUM Q-S S S Q-S

2. 4 Slow Steps - Leg comes around at hip level, moderately bent but straightening as it comes forward. Then bend at knee so that heel is about knee height and 8-10" in front of it. Don't make bend too sharply. (12Q 1S)

3. 8 Walk On Knees - Wt on balls of feet. Leaning a bit forward into it so your weight is over ball of fwd foot. Helps to toe out slightly. (5-QQ) 18

4. Stamp, Lean and Wrap Stand up with wt on L (fwd)ftk. Facing Ctr, raise R leg (knee out 45°) with R ft about 12" bhd knee and foreleg // to ground. Bring foot in arc around quickly to stamp in front and slightly to R of L kkkx foot. (R foreleg raises even higher than // to floor and is directly to rear in as a windup in anticipation, just before stamp). There is very slight wiggle, almost just a reverberation of hips and shoulders at the stamp. Body leans slightly fwd (toward Ctr) from hips. Both legs are slightly bent at knees. Whole movement has sense of gathering yourself and striking. As soon as you stamp begin to look LOD.

Take step on R ft in LOD, first bending L knee which has weight and extending R ft, fairly straight, then rolling up onto R leg which is still slightly flexed. L toe touches floor bhd. Look in LOD. Movement has effect of sneaking up and peering over something at enemy. Lean back over L ft, bring R leg twd closed pos. with L and follow thru in front lift. Bent R leg comes up in front w foot at approx. knee height, arcs around to R and as it passes R side, foreleg bends to bring R ft bhd and // to L calf (up and down). R knee then swings fwd and side. At same time L knee flexes, slightly.

When beginning movement again, R ft drops down slightly and knee comes slightly to front.

5. Stamp, walk 2 and Wrap Stalking walk, lifting free ft stealthily as if to avoid disturbing anything. Look in direction of walk. Wrap (no lift in front) as above. (in-out) facing partly to Ctr. Then change to sldr hold for -

6. Knee Walk - Fairly wide sidestep to R beginning to bend torso fwd. Step directly bhd about 3 ft, leaning body well fwd with back (L) leg only slightly bent and stepping firmly on toe first to control letting yourself down onto L knee. Leader's hand with kerchief comes down twd floor at time of this step - but mix mainly because of body angle. Then step on R knee in place beside L, torso upright. Then bring L foot fwd to genuflect position and stand upright. Repeat. After 2nd time bring R to lift pos in front of L knee (slightly in; foot not pointed)

7. "Prometheus" Turn and Leap From previous lift, cross R ft well over (about 2'-0") (toeing out) and begin twisting CCL turn. Left forearm comes up to horizontal position over head (as if shading sun or holding up weight) palm up; L arm comes to fairly str out at low side diag. Wt up on balls of feet. Back arches. As you face rear, wt shifts to flat R ft., R arm comes up overhead (arms are now as if supporting great weight - enemy?). L ft lifts slightly toward knee in prep for leap and arms move downward to about waist level also in prep. Leap off R onto L fwd (about 18" change in body position) and bring R up behind knee (R knee str fwd).

Continued...

all stamp  
16Q QS  
Q (Relax)  
soft QS when stamping  
of end of step

6

8

15

20

22

Cifte Dance, cont'd-

Pivot twd Ctr and move R knee slightly front then side at same time flexing and xxx straightening L knee (This is typical of all wraps in dance, although emphasis may be either on the in or on the out).. Here emphasis is on opening knee. At beginning of turn leaders kerchief is twirled; likewise following leap.

27  
8. <sup>(QQS/QQS)</sup> ~~(222-15)~~ ~~QQS~~ Cross over R (about 3 feet) flexing weighted knee first and stepping onto fairly str R heel. (Turn body in direction of crossing with each step). Do same onto L, stepping in LOD. Wrap in-out, flexing L. Repeat sequence.

30  
9. <sup>(16Q-15)</sup> <sup>(QQS/QQS)</sup> <sup>(12Q-15)</sup> Stamp Walk 2, Wrap - As above - stalking steps. Wrap in-out facing LOD (when knee opens out, R foot moves down L calf a bit toward floor.)

32  
10. <sup>(QQS/QQS)</sup> <sup>(WRAP 12Q-15)</sup> Hop Bkwd, arcing R then L <sup>(2X)</sup> L arcs more than R. L is almost a step bkwd. Then lift R in an arc and wrap in-out. Hold. Repeat.

34  
11. <sup>(16Q-15)</sup> <sup>(20 Q-15)</sup> Stamp R, Step R, Arc L and Lean onto R Knee <sup>(orig. into one-legged squat)</sup> Stamp as above. Step as above facing LOD. Arc L leg somewhat bent, passing from wrap position outward along side, with knee above waist height, straightening as you set heel down forward and torso bends forward also. Move wt fwd onto L ft and R knee in a fairly quick move. (Leaders kerchief goes from waist high to up at this point, or twirle throughout.) Then lean torso fwd and straighten R knee to rise to standing position and step fwd on R ft picking it well up as it comes thru. Then bring L fwd and xxxxxx thru, xxxxxxxx in a lift and arc around back to a wrap in-out, facing somewhat at center. Repeat from "arc L..."

42  
12. <sup>(16Q-15)</sup> <sup>(QQS/QQS SS)</sup> <sup>(QQS QQS QQS SS)</sup> <sup>(QQS QQS QQS SS)</sup> Stamp L, hop back on r step back L, close R and wiggle -2-3. Close R foot to L by bringing R knee across L knee first. Repeat by touching R toe fwd, xxx then diag R and close (as above) -2-3. Hips wiggle to R each time you do "close -2-3" Also can shout "Ee-ha-ha!" in time with wiggle. Each time you point toe fwd, lean fwd slightly and kind of stab toe to ground sharply. Total 3 times (incl. first hop back). Then point fwd w R and do draw step (step to R on R; close L toe to about 1 foot bhd R stepping carefully as above) repeat draw step. Step again on R in LOD. Then step to ctr on L, leaning torse also to Ctr. Step on R back to pl, leaning bkwd. Hop step bkwd (beg. R) meqwnaile lifting L. Begin wiggles again, etc. <sup>(2X)</sup> <sup>second time</sup> <sup>(QQS/QQS/QQS SS)</sup> etc

50  
13. <sup>(SS QQS)</sup> Hop On R, Arcing L and Squat 2ce <sup>(4X)</sup> Arcing lift of L is high. After squats come up with wt on R, but as soon as L lands pick up R sharply under you. (4X).

52  
14. With Partners - A - Turn; Twist; Turn; Exchange (joining R hands)  
B - Twist; Turn; Twist; Exchange ( " " " )  
A. takes 2 steps fwd in down position with wight well fwd over balls of feet in place ~~xxxxxx~~ turns in squatting position to face B. and comes up to standing pos. before initiating sequence. B marks time 2 steps in down position, squats and stads Use arms waving overhead in counter action to turning. As R ft crosses to L in twisting, L arm moves to R overhead and vice versa. Use arms also overhead to help turn. When turning, L arm describes something of a clockwise circle; R arm a CCL circle from overhead to below waist. When squatting, join hands with partner in a loud clap. Can also xxxxx shout "op - ha - ha!" or "Eh-ha-na". Always come up from squat with wt on L ft. When leader makes final cross-over he does CCL turn before beginning 15.

55  
15. <sup>(QSS S S)</sup> <sup>to end followed by</sup> <sup>(12Q-5)</sup> Finish (Running off). "R,L,R, down-up" pick up feet smartly underneath you and don't travel much so that the impression is of spinning your wheels. Arms used for convenient. balance.

all shout  
"Ee-ha-ha"  
as you go  
up the knee  
to the ground

FINAC

96

102

107