

## 1964 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Elsie Dunin

CRNAGORKA  
(Macedonia, Yugoslavia)

- SOURCE:** Learned by Elsie Dunin from Orce Nikolov Folk Ensemble and Tanec Folk Ensemble in Skopje, 1957.  
Crnagorka is a popular holiday (sabor) dance in the Vardar Valley area.
- RECORD:** Macedonian Songs and Dances - Orce Nikolov, DT 1002, side 2, band 6.
- FORMATION:** Mixed line; low hand hold. Steps are performed spiritedly; M have more knee action than W (knees brought higher while doing steps). Leader signals change of Fig. by twirling a knotted handkerchief.

<u>Meas.</u>	<u>Ct.</u>	<u>Ct.</u>	<u>PATTERN</u>
			Figure I
1	1	1	Facing diag. R of ctr, moving diag in LOD, step R fwd.
	2	2	Step L fwd
2	1	3	Step R fwd
	2	4	Step L fwd
3	1	5	Step R fwd
	2	6	Turning to face center, hop on R, lifting L knee fwd
4	1	1	Facing diag. L of ctr, step L fwd
	2	2	Step R fwd
	&		Turn to face diag. R of ctr
5	1	3	Step L bwd
	2	4	Step R bwd
6	1	5	Step L
	2	6	Hop on L, slightly lifting R knee
			Figure II
1	1	1	Step R fwd )
	&	&	Step L fwd )
	2	2	Step R fwd )
2	1	3	Step L fwd )
	&	&	Step R fwd )
	2	4	Step L fwd )
3	1	5	Step R fwd
	2	6	Turning to face center, hop on R, lifting L knee fwd (as in Fig. I)
4	1	1	Turning to face L of ctr, hop on R
	&	&	Small step in place with L
	2	2	Small step in place with R
5	1	3	Turning to face center, hop on R
	&	&	Small step in place with L
	2	4	Small step in place with R
6	1	5	Step L in place lightly
	&	&	Step R in place lightly
	2	6	Step L in place lightly

2 two-steps

*continued...*

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<u>Meas.</u>	<u>Ct.</u>	<u>Ct.</u>	<u>PATTERN</u>
			Figure III
1	&		Small step on R toe diag. R
	1		Cross L in back of R ft
	&		Small step on R toe to R
	2		Cross L in front of R ft
2			Rpt Meas. 1
3-6			Rpt Fig. II, Meas. 3-6
<p>Fig. IV and V are for M only; W continue dancing Fig. III individually with fists at waist; M break out of line to dance in inner circle.</p> <p>Figure IV (CCW turns) End of Fig. III (prep. for Fig. IV)</p>			
6	1		Step L in place
	2		Step R (anticipate stepping fwd in Fig. IV)
1	&		Slight hop on R
	1		Step L twd center of circle, bringing hands (palms down) to waist
	&	Slight	hop on L while turning CCW
	2		Step R so as to move in LOD, but turning
2-3			Rpt Meas. 1
			Meas. 1-3) (2-3 indiv. turns; pace them so as to end facing center.)
4-6			Rpt Fig. I, II, or III, Meas 4-6
(optional)			
Figure V (knee twists and squats)			
1	1		Arms are held high above head, palms facing fwd; facing LOD, in semi-squat position, pivot R ft to L, so R knee points diag. L, step L in place.
	2		Repeat Ct. 1 with opposite ft
2-3			Rpt Meas. 1 (Meas. 1-3) total of 6 knee movements
4	1		Squat to medium or low position, knees almost parallel but not touching.
	2		Upon rising, lift R ft (inside of ft up and knee still bent), hop on L
5			Rpt Meas. 4 with opposite ft.
6			Rpt Meas. 4 (Meas. 4-6) 3 squats, alternating leg lifts