

KOPACKA

Macedonia

Harry Khamis, 9-29-10

Condensed from notes by Dick Oakes, 2004

Formation: lines of 8-10 men, belt hold (R arm under)

INTRODUCTION (4/4 meter; 1 measure = 4 counts)

Walk, balance, step-lifts – choreographed to fit the slow introductory music. The description below fits 24 measures of the 4/4 music.

WALK

Starting with R, walk in LOD for four measures (16 steps)

SMALL BOUNCE

Continue walking 4 steps; facing C, step on R with slight bounce; step on L with slight bounce; step on R with slight bounce.

Do one grapevine step to L (4 steps); facing C, step on L with slight bounce; step on R with slight bounce; step on L with slight bounce.

REPEAT

STEP LIFT

Repeat replacing the step-bounce with step lift.

REPEAT

Individual one-measure movements used in the FAST PART:

Measures	Notation	Step
1	HSS	<u>Hop-step-step</u> . When moving to the R, begin by hopping on L; when moving to the L, begin by hopping on R
1	SC	<u>Scissor-step</u>
1	TF	<u>Touch Front</u> : leap onto R touching L sideward to L (1); hop R bringing L up across in front of R (2)
1	TB	<u>Touch Back</u> : hop R touching L sideward to L (1); hop R bringing L up across in back of R (2)
1 a	DIG	<u>Dig</u> : step L raising R knee (1); push R heel fwd/down in “dig” motion without touching floor (2)

FAST PART (2/4 METER; 1 measure = 1&2&)

I. SCISSOR-SCISSOR

Measure Step

1-2 2 HSS to R
3-4 2 SC
5 TF
6-7 2 HSS to L
8 DIG
9-10 2 SC

REPEAT

II. SCISSOR-RUN

Measure Step

1-2 2 HSS to R
3-4 2 SC
5 TF
6-7 2 HSS to L
8 DIG
9-10 2 run steps (R-L-R, L-R-L) diagonally fwd R

REPEAT (To start again, dance 2 HSS diagonally bwd R – measures 1-2)

III. DOUBLE-TOUCH

Measure Step

1-2 2 HSS diagonally bwd R
3-4 2 SC
5 TF
6 TB
7 Step L extending R low fwd (1); step R extending L low fwd (2)
8 DIG
9 SC
10 Hop R (1); step L diagonally across in front of R (2)

REPEAT

IV. JUMP-PAUSE

Measure Step

1-2 2 HSS to R
3 Jump on both feet together (1); pause (&2&)
4 Pause (1&2&)
5 TF
6 TB
7 Step L extending R low fwd (1); step R extending L low fwd (2)
8 DIG
9 SC

10 Hop R (1); step L diagonally across in front of R (2)

REPEAT

V. BICYCLE

Measure Step

1 1 HSS to R
2-3 2 SC
4 TF
5 TB
6 Step L extending R low fwd (1); step R extending L low fwd (2)
7 DIG
8 SC
9 Hop R, bringing L up beside calf in a bwd bicycle motion (1);
continuing down in a bwd bicycle motion, brush L fwd on the floor
(2)
10 Hop R, bringing L up beside calf in a bwd bicycle motion (1);
continuing down in a bwd bicycle motion, step L next to R (2)

REPEAT

VI. SLAP

Measure Step

1 1 HSS to R
2-3 2 SC
4 TF
5 TB
6 Step L extending R low fwd (1); step R extending L low fwd (2)

- 7 DIG
- 8 SC
- 9 Hop R, bringing L up fwd with straight leg (1); slap L fwd onto floor, bending R knee (2)
- 10 Hop R, bringing L up beside calf in a bwd bicycle motion (1);
continuing down in a bwd bicycle motion, step L next to R (2)

REPEAT