

NARODNO HORO (Continued)

Variation (For meas. 1): Instead of the two step-hops, all may do two fast running two-steps (R-L-R and L-R-L)

Variation: (For men only, Meas. 3): Step on L ft. to L (Ct.1), lift R ft. up, bending knee, and using a semi-circle bring it across the L ft. and point (cts.&2), hold (ct.&).

Note: In these dances it is common for the men to bend the inactive knee and lift it high, so that the ankle or heel of the inactive foot reaches the knee, so that the ankle or heel of the inactive foot reaches the knee of the active foot.

MILICA

(Mee'-lee-tea)

Recording: MH 1005-B

Formation: One boy with two girls. Girls stand on either side of boy, their nearest hand on his shoulder, their outside hands on hips. He places arms about their waists.

PART I

Meas. 1      ct. 1 - Hop on L ft. moving forward.  
                  ct. & - Step on R ft. still moving forward.  
                  ct. 2 - Step on L ft. moving forward.  
                  ct. & - Hold.

Meas. 2-4    Do the above three more a times.

PART II

Do "Basic Step" as in Malo Kolo four times (R-L-R-L)

When dancing "Milica", groups of dancers move freely about the floor, turning in place, etc.

ČUJEŠ MALA

Recording: MH 1010-B

Formation: Closed circle, hands joined low.

Rhythm: Čujes Mala will be easier for you if you learn to count it in a slow-quick-quick rhythm, placing a hold on the first step of every measure, and then following with two quick movements.

Meas. 1    slow-Step to R with Rft.  
                  quick-Hop on Rft.  
                  quick-Close Lft to Rft.

Meas. 2    slow-Step to R with Rft.  
                  quick-Crossing Lft in front of Rft, momentarily place weight equally on both!  
                  quick-Remove weight from Lft, leaving it on Rft.

Meas. 3    slow-Step to L with Lft.  
                  quick-Crossing Rft in front of Lft, momentarily place weight equally on both.  
                  quick-Remove weight from Rft, leaving it on Lft.

Meas. 4      Same as Meas. 2