

KOLO ZITA (Continued)

Part II

- Meas. 1 ct. 1 - With weight on R ft., point 1 ft. fwd/L.
 ct. 2 - Bring L ft. across R ft., keeping weight on R ft.
- Meas. 2 Same as Meas. 1.
- Meas. 3-4 Seven quick side steps to L stressing full foot, L-R-L-R-L-R-L.
- Meas. 5-8 Same as Meas. 1-4, but opposite footwork and direction.

POSKAKUSA
(Po-skah^o-koo-shah)
Bosnia

Source: Learned from natives in Yugoslavia.

Music: MH 3023-A; The Duquesne University Tamburitzans.

Piano - Narodne Igre Bosne I Hercegovine, Book I, "Sarajevsko Polje,
"Savez Kulturno-Prosvjetnih Drustava Bosne I Hercegovina, Sarajevo, 1950.

Formation: Open kolo, hands joined and held down at sides.

NOTE: Dance is lively, but movements are always neat and confined. Be careful not to swing feet too broadly during Meas. 3-6.

Meas.

- 1-2 Four quick step-hops, beginning with R ft., moving to the R.
- 3 ct. 1 - Very small step to R with R ft. Ct. & - Close L ft. beside R ft., taking weight on L ft. Ct. 2 - Very small step to R with R ft., at same time swinging L ft. over R ft. Ct. & - Hold.
- 4 ct. 1 - Very small step to L with L ft. ct. & - Close R ft. beside L ft., taking weight on R ft, Ct. 2 - Very small step to L with L ft. at same time swinging R ft. over L ft. ct. & - Hold.
- 5 Same as meas 3.
- 6 Same as Meas. 4
- 7-8 Stamp three times in place with R ft.

NARODNO HORO
Bulgaria - Macedonia

Source: This simple horo is a favorite with the Macedonians coming from Bulgaria, now living in U.S. cities such as Detroit and Pittsburgh. The title means "National Hero," and the dance, which has many variations, can be done to any even 4/4 rhythm.

Record: Nanchoff (Delmar) -No. 9.

Formation: Open circle, leader at R end. Hands are held just below shoulder height with palms down and slightly extended toward center of circle.

Steps: Step-hops, step-close-step, step-points.

Meas.

- 1 Facing diagonally R. step on R ft. (Ct.1), hop on R ft. (Ct.&), continuing in LOD step on the L ft. (Ct. 2), hop on L ft. (ct.&).
- 2 Step on R ft. to the side (ct.1), step on L ft. in back of R ft (Ct&) step on R ft. to the side (ct.2), close L ft. to R ft., do not change weight (ct.&)
- 3 Step on L ft. to the L (Ct.1), step on R ft. behind L (ct.&), step on L ft. to L (ct.2) close R ft, to L ft., but do not change weight (Ct.&)

DICK CRUM-Yugoslav Week-end-Miami Valley Folk Dancers
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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-BFormation: 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 MALARecording: MH 1010-BFormation: 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