

Samoleta Cocek

Pan Balkan

Rhythm: 2/4, 4/4
Formation: Semi Circle
Hold: W Position
Source: This dance combines the two most common variants of what folkdancers have come to know as cocek. It is danced by Macedonians, Roma, Albanians, and less commonly, Bulgarians. Bulgarians call this gypsy style instrumental music Ciucek, though more often than not it is danced free style rather than as a horo. Samoleta is the name of the restaurant where these musicians made this recording.

Slow variant

Count

- 1 Hop on L extending R out (1) Step on R (&)
(Facing center moving diagonally back)
- 2 Hop on R extending L out (2) Step on L
- 3 Same as count 1
- 4 Step back on L (1), Step R in place (&)
- 5 Hop on R moving L forward (5), Step on R diagonally forward (&)
- 6 Step R diagonally forward (6), Step L diagonally forward (&)

Fast Variant

- 1 Step R diagonally backwards
- 2 Step L diagonally backwards
- 3 Step R diagonally backwards
- 4 Step back on L (4), Step R in place (&)
- 5 Step L diagonally forward
- 6 Step R forward (6), Step L forward (&)