

✓
ŠARPLANINSKO
Macedonia

Atanas Kolarovski

The character of the dance is bouncy, slow, tiny steps because people who live in the mountains do not have enough room and flat places, so they have to watch their steps all the time.

TRANSLATION: Dance from the mountain of Šarplanina

PRONUNCIATION: shar-plah-NEEN-skoh

RECORD: AK-011 (LP), side B, band 5

FORMATION: Lines with hands in "W" pos.

RHYTHM: 9/8 meter broken into 2 meas, one with 4 cts and one with 5 cts for ease of notating and reading of notes.

NOTE: This dance was taught at the 1987 Statewide, and 1987 Santa Barbara Symposium by Atanas Kolarovski and has been corrected from the previous notes.

METER: 9/8 (4/4 + 5/4) PATTERN

Meas.

INTRODUCTION: 6 meas of 9/8 rhythm

PART I: Move in LOD

- 1 Facing and moving LOD, lift on L (ct 1); step R-L fwd (2-3); hold (ct 4).
- 2 Bounce on L, lift R fwd (ct 1); step R-L-R fwd (ct 2-4); hold (ct 5).
- 3-4 Repeat meas 1-2 with opp ftwk.

PART II: Dance in place facing ctr

- 1 Step or touch R in front of L, turn body slightly to L (ct 1); step L back in place (ct 2); step or touch R to R and face ctr (ct 3); step L in place (ct 4).
- 2 Lift R fwd while bouncing on L (ct 1); step R in place (ct 2); hold (ct 2); step L-R in place (ct 4-5).
- 3 Keeping wt on R, touch step L in front of R turning body slightly to R (ct 1); hold (ct 2); touch L to L turning to face ctr (ct 3); hold (ct 4).
- 4 Lift L fwd while bouncing on R (ct 1); step L bkwd (ct 2); hold (ct 3); step R beside L (ct 4); step L fwd (ct 5).

cont

- 5 Step R in front of L, lift L bkwd, bend fwd slightly and facing slightly R of ctr (ct 1); hold (ct 2); step L back in place turning to face ctr and straighten body (ct 3); hold (ct 4).
- 6 Lift R fwd while bouncing on L (ct 1) step R in place (ct 2) hold (ct 3) step R-L in place (ct 4-5).
- 7 Step L in front of R, lift R bkwd (ct 1); hold (ct 2); step R back in place (ct 3); hold (ct 4).
- 8 Lift L fwd while bouncing on R (ct 1); step L in place (ct 2); hold (ct 3); turning to face LOD, step R in place (ct 4); step L fwd in LOD (ct 5).

NOTE: Meas 7-8 are almost the same as 5-6 but with opp ftwk.

Repeat from beg to end of music.

Presented by Beverly Barr
Camp Hess Kramer Institute
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