

WT 10003 B - . . . SEDENKA - Shope dance from Eastern Macedonia presented in America by Atanas Kolarovski, 1968.

Formation: Line dance, belt hold, or hands joined, held low.

Styling: Small running steps, on balls of the feet.

Meter: 11/16 - 5 counts per measure, Q, Q, S, Q, Q. Shown in notes as 1, 2, 3, 4, 5, with count 3 being the slow count.

Steps: Variety of steps. Some are listed below.

Step I - BASIC STEP (Ohz-no-ven cheh-kor)

Meas Count Pattern

- 1 1, 2, 3 Running fwd in LOD (CCW) step R, L, R (cts 1, 2, 3)
4, 5 Hop on R (4). Step fwd on L (5)
- 2-7 Repeat measure 1, turning to face center at end of meas. 7.
- 8 Side step to left (see step II- measure 2)

Step II Side Step- called (Skrah-ten)

- 1 1, 2, Facing center, step on R to right. Close L to R.
3 Step on R to right, bending knees.
4, 5 Close L to R, bouncing on both feet on cts 4, 5.
- 2 Side step to L (same as meas. 1, starting with L ft, and moving to the left.

Step II - COME BACK (Poh-vrah-tee) - also called FORWARD AND BACK.

- 1 Facing and moving in LOD, repeat basic step.
- 2 1, 2, 3 Step fwd, R, L, R, bending both knees on ct. 3 (L knee high)
4, 5 Step in place L, R (high stepping action)
- 3 1, 2 Step back in RLOD, L, R.
3 Facing center, step on L, bending both knees (R knee high).
4, 5 Step in place R, L (high stepping action).

Step IV - STAMP (Chuke-nee) - 3 measure pattern

- 1 Repeat basic step.
- 2 1, 2 Facing center, step on R to side (1), L behind R (2)
3 Step on L to side, knees bent, touch L toe in front of R.
4, 5 Step on L to left (4). Step on R in front of L. (5)
- 3 1, 2 Still facing center, step on L to left (1), R behind L (2).
3, 4 Step on L to left (3). Hop on L (4).
5 Body bent fwd, slap R ft in front of L, R ft extended fwd.

When repeating this pattern, meas. 1 is changed as follows:

- 1 1, 2 Hold position of count 5, measure 3, for counts 1, 2.
3, 4, 5 Step on R fwd in LOD (3). Hop on R (4). Step on L (5).

Step V Stamp with DOUBLE STEP (Chuke-nee du-ploh)

- 1, 2, 3 Same as pattern of step IV, except that in place of holding
cts. 1, 2 of meas. 1, two quick steps are taken in place, R, L.

Step VI Stamp step-long hold - 4 measure pattern

- 1, 2, 3 Same as pattern of step IV.
- 4 Keep R ft extended, body bent for complete measure.
- 5-8 On repetition of step VI, keep R ft extended for cts. 1, 2, of measure 1. Repeat everything as above.

Step VII - CROSS-STEP- (Oo-ker-sten che-kor)

- 1 Basic step.
- 2 Same as action of meas. 2, step IV.
- 3 Reverse of meas. 2. Start with L, and move to left.
- 4-5 On repetitions of CROSS STEP, only meas. 2 & 3 are repeated.
- Leader calls steps. Basic step and step VII (cross step) are done as 8 measure units. Side step as a 4 meas. unit. Other steps are done 2, 3, or 4 times depending on leader.