

**SEDENKA**  
**MAKEDONSKA SADENKA**  
 (Macedonia)

A shoe dance from eastern Macedonia.

**MUSIC:** Record: Dances from Yugoslavia WRS 768 Side A, Band 2

**FORMATION:** Dancers in belt hold, L hand over R, or can be done with hands joined and held low.

**STYLIN** Small steps danced lightly on balls of ft.

**RHYTHM:** Dance is in 11/16 meter counted 1, 2 - 1, 2 - 1, 2, 3 - 1, 2 - 1, 2. We will use cts 1, 2, 3, 4, 5 with ct 3 underlined to show longer length.

The more common names for each step are given so leader may designate the pattern to be danced.

MeasPattern

- I. Call: Osnoven čekor! (Ohz-no-ven cheh-kor) "Basic step."  
 1 Facing and moving in LOD, step R (1), L (2), R (3), hop R (4), step L (5). Repeat as desired.  
 Transition: On meas before last, bounce R on 4, 5 turning to ctr. Last meas: Step sdwd L on L (1), close R to L (2), step sdwd L on L, bending knee (3), close R to L with a bounce (4), bounce again (5).
- II. Call: Skraten čekor! (skrah-ten) "shorten step."  
 1-2 Facing ctr, step sdwd R on R (1), close L to R (2), step sdwd R on R, bending knee (3), Close L to R with a bounce (4), bounce again (5). Reverse direction and ft for meas 2.
- III. Call: Povrati! (poh-vrah-tee) "come back."  
 1 Facing and moving LOD repeat I.  
 2 Step R (1), L (2), step flat on R, bending knee (3), step L (4), R (5).  
 3 Moving bkwd in RLOD, step L (1), R (2), face ctr and step flat on L bending knee (3) in place step R (4), L (5).
- IV. Call: Čukni! (chuke-née) "stamp".  
 1 Facing and moving LOD, repeat I.  
 2 Step R (1), L (2), facing ctr step sdwd R on R and "twizzle" with L across in front of R (3), step sdwd L on L (4), step R across in front of L (5).  
 3 Step sdwd L on L (1), step R behind L (2), step sdwd L on L (3), hop L (4), slap R in front of L (5).  
 4 Hold (1, 2), moving in LOD step R (3), hop R (4), step L (5). Repeat pattern starting at meas 2 (through 4) as often as desired.

*Continued...*

SEPENKAMAKEDONSKA SADENKA (continued)

V. Call: Čukni duplo! (due-ploh) "stamp double". In this case, does not mean "double stamp" but rather "a stamp (slap) followed by a double" (2 steps).

1-3

Repeat IV, meas 1-3.

4

Step R in place (1), step sdwd L on L (2), Step R and face LOD (3), hop R (4); Step L in front of R (5).

Repeat pattern starting at meas 2 (through 4) as often as desired.

VI. Call: Ukrsten čekor! (oo-ker-sten) "cross step".

1

Facing and moving LOD, repeat I.

2

Face ctr and step sdwd R on R (1), step L behind R (2), step sdwd R on R and "twizzle" with L across in front of R (3), step sdwd L on L (4), step R in front of L (5).

Note: Cts 1, 2 may be done fwd in LOD before facing ctr.

3

Repeat meas 2 but beg L and move RLOD.

Repeat meas 2-3 as often as desired.

These are the figures presented in class but there are many others that could be used.

Presented by Atanas Kolarovski