

STARA VLAINA

This dance is wide-spread throughout northeastern Serbia, particularly among the Vlachs. Structurally, it is an 8-measure dance belonging to the extended family of "Devojačko Kolo" type dances which are found throughout the Balkans. The style of the Soko Banja Serbs in doing this dance involves none of the twisting and stamping done by Vlachs living to their north and east.

Rhythm: 2/4

The dance is done in an open circle and progresses to the R. The leader is on the R end.

Arms are bent at the elbows and hooked with your neighbors' arms near the elbow. In general, it is more common for the R arm to pass behind and around your right-hand neighbor's L upper arm, although there is no strict adherence to this pattern. An arm which is being hooked (L arm in the above situation) is generally bent at the elbow and its forearm is held near the body, or its hand may even hold onto a belt or vest.

- I. 1. Small step R to R and slightly back. Face center of circle.
2. Close L to and slightly fwd. of R.

II-III. Repeat I 2 more times.

- IV. 1. Small step R to R and slightly back.
2. Small bounce on R and swing L somewhat fwd., low.

- V. 1. Step L by R, or slightly to L, in, or out.
2. Small bounce on L and swing R somewhat fwd., low.

VI. Repeat IV.

- VII. 1. Small step L to L.
2. Small bounce on L and swing R somewhat forward, low.

Note: All steps are small and bouncy (flex and unflex knees).