

STARA VLAINA
(East Serbia, Yugoslavia)

Martin Koenig saw this danced by a small performing group from the village of Popovica in 1970.

Pronunciation:

Record: Balkan Arts 702-EP and BA-1J "Folk Dances of East
Serbia" Side A/1 2/4 meter

Formation: Short lines; belt hold, L arm over R.

Steps: *Chukche - a Bulgarian word which is a hop that doesn't leave the ground.

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
		I.
1	1	Facing ctr and moving R, step sdwd R onto R ft.
	2	Step onto L ft beside R.
2-3		Repeat meas 1, twice.
4	1	Step sdwd to R onto R ft.
	2	Touch L ft in front of R.
5	1	Step diag fwd to R onto L ft.
	2	Slight chukche on L ft, free R ft lifts slightly from ground.
6	1	Step straight bkwd onto R ft.
	2	Slight chukche on R ft, free L ft lifts slightly from ground.
7	1-2	Repeat meas 1 with opp ftwk and direction.
8	1	Step sdwd to L onto L ft.
	2	Slight chukche on L ft as free R ft is lifted slightly.
		II.
1	1	Step onto R ft in place.
	2	Accented step onto L ft in place.
2-3		Repeat meas 1, twice.
4	1	Chukche on L ft in place.
	2	Step onto R ft to R.
5	1	Chukche R ft in place.
	2	Step onto L ft fwd.
6	1	Chukche L ft in place.
	2	Step onto R ft bkwd.
7	1	Chukche in place on R ft.
	2	Step onto L ft to L.
8	1	Step onto R ft beside L.
	2	Step onto L ft in place.

STARA VLAINA (Continued)

<u>Meas</u>	<u>Ct</u>	
		<u>III.</u>
1	1	Straight R leg with flexed ft swing 1/2 circle in front of L leg, as L knee bends (accented).
	2	Straight R leg with flexed ft swing 1/2 circle away from L leg, as L knee bends (accented).
2-4		Repeat meas 1, three times. Step on R on last ct.
5	1	Straight L leg with flexed ft swings 1/2 circle in front of R leg, as R knee bends (accented).
	2	Straight L leg with flexed ft swings 1/2 circle away from R leg, as R knee bends (accented). Step on L on last ct.
6		Repeat meas 1. Step on R on last ct.
7-8		Repeat meas 5 twice. Step on L on last ct.

		<u>IV.</u>
1	1	Hop on L bringing R heel in front of L knee (slight kicking motion).
	&	Move R ft slightly fwd.
	2,&	Repeat cts 1,&.
2-3		Repeat meas 1 twice.
4	1,&,2	Repeat meas 1, cts 1,&,2.
	&	Step onto R ft in place.
5		Repeat Fig III, meas 5.
6		Repeat Fig III, meas 1.
7	1	Hop on R bringing L heel in front of R knee.
	&	Move L ft slightly fwd.
	2,&	Repeat cts 1,&.
3		Step onto L ft in place.

		<u>V.</u>
1		Repeat Fig I, meas 1.
2		Repeat Fig I, meas 4.
3		Repeat Fig I, meas 5.
4		Repeat Fig I, meas 6.
5-7		Repeat Fig I, meas 7 three times.
8		Repeat Fig I, meas 8.

		<u>VI.</u>
1	1	Step onto R ft in place.
	&	Stamp onto L ft in place.
	2	Step onto L ft in place.
	&	Stamp onto R ft in place.
2	1	Step onto R ft in place.
	2	Chukche in place on R ft while bringing L leg fwd flicking L ft.
3	1	Step onto L ft fwd.
	2	Chukche on L ft in place.
4	1	Step onto R ft bkwd.
	2	Hold.
5		Repeat meas 1 with opp ftwk.
6	1	Step onto L ft in place.
	&	Stamp onto R ft in place.
	2	Step onto R ft in place.
	&	Stamp onto L ft in place.

STARA VLAINA (Continued)

Meas Ct (Fig VI-continued)

- 7 1 Step onto L ft in place.
 & Stamp onto R ft in place.
 2 Step onto R ft in place.
 & Stamp onto L ft in place.
8 1 Step onto L ft in place.
 2 Chukche in place on L ft while bringing R leg fwd
 flicking R ft.

VII.

1-8 Figure V.

VIII.

- 1 1 Hop on L moving R.
 & Step onto R ft moving R.
 2 Step onto L ft next to R.
2 1 Large step onto R ft moving R.
 2 Hop on R ft moving R, L leg extended with flexed ft
 to R.
3 1 Large step onto L ft moving R.
 2 Hop on L ft moving R.
4 1 Large step onto R ft moving L.
 2 Hold.
5 1 Hop on R ft moving L
 & Stamp on L ft with straight leg in place.
 2 Stamp on R ft with bent knee moving L beside L ft.
 & Step onto L ft with straight leg moving L.
6-7 Repeat meas 5 twice.
8 1 Jump onto both ft slightly to L.
 2 Hold.

IX.

1-8 Repeat Fig V starting with a hop, step, step.

X.

- 1-3 Repeat Fig II, meas 1-3.
4 1 Step onto R ft in place.
 2 Lift L leg in front.
5 1 Slap L ft with straight L leg, twisting hips to L.
 2 Hold.
6 1 Twist hips to R.
 2 Hold.
7 1 Twist hips to L.
 2 Twist hips to R.
8 1 Bring L ft back to place.
 2 Hold.