

TRI GODINI KATE

(Macedonia)

Tri Godini Kate (Three years, Kathy) is a national dance of the valley of the Vardar River.

MUSIC: Record: FESTIVAL RECORDS FM-4006-A (45 rpm) or LP-WRS 768 "Dances of Yugoslavia"

RHYTHM: Meter is 7/8, counted 1,2,3,-1,2,-1,2,. We will use cts 1, 2, 3 with ct 1 underlined to show longer length. In Part II where there is movement on the 3rd beat in ct 1, we shall count it as 1,&,a, 2,3.

FORMATION: Broken circle, hands joined and held shoulder height.

Meas    Pattern

- PART I
- 1    Moving in LOD, step R (1). Lift R heel (2). Step L (3).
- 2    Turning to face ctr, step R (1). Raise and lower R heel as L leg, knee bent, is lifted in front of R leg (2,3).
- 3    Repeat action of meas 2 but with opp ftwork. As L heel is raised and lowered, turn so back is to LOD.
- 4    Moving in LOD, step bkwd R (1), L (2,3).
- 5    Step bkwd on R (1). Raise and lower R heel as L leg, knee bent, is lifted in front of R leg (2,3). End facing RLOD.
- Note: On the 3 steps bkwd (meas 4,5) lower hands. Raise hands on meas 5, ct 2. On the 3 steps body bends fwd a little from the hips. Straighten up as the hands come up.
- 6-10    Repeat action of meas 1-5 but beg L and move in RLOD. End facing LOD.
- 11-20    Repeat action of meas 1-10. End facing ctr.

- PART II
- 1    Moving twd ctr, step fwd R (1, &). Close L to R (ct a). Step fwd on R (ct 2), hold (ct 3). This movement is performed with a soft bend in the knees on each step.
- 2    Repeat action of meas 1 but beg L.
- 3    Facing ctr, repeat action of Part I, meas 2.
- 4    Facing ctr, repeat action of Part I, meas 2 but beg L.
- 5-8    Repeat action of meas 1-4 but move bkwd away from ctr.

Presented by Atanas Kolarovski

Notes are from the 1968 Syllabus of the University of the Pacific Folk Dance Camp