

U SEST KORAKA

(Serbia)

Pronunciation: Oo shest ko'-rah-kah

Source: learned from natives in Yugoslavia.

Recordings:    Balkan S-107    "Novo Zikino Kolo"  
                   Balkan S-108    "Perino Kolo"  
                   Sonart M-211    "Krushevachko Kolo"  
                   Balkan 535     "Sitno Kolo"

NOTE:

This kolo is the most popular single kolo in Yugoslavia today. There are thousands of melodies for it, and new ones are always being composed, just as is the case with polkas or waltzes in this country. The name "U sest Koraka" means "in six steps".

"U sest koraka" is a highly improvised dance, with many personal variations on the basic pattern. The variations given here are but a few that were gleaned from several good dancers in Yugoslavia.

Formation: Open circle or line; hands joined and held down at sides.

"Syncopated Threes": This step appears all through the variations, and is done as follows:

(Beginning, for example, with Rft)

ct. 1 Step Rft in place.  
 ct. & HOLD  
 ct. 2 Step Lft beside Rft.  
 ct. & Step Rft in place.

Also done beginning with Lft; the important thing is the slow-quick-quick" rhythm. For convenience, count ONE-and-two-three. Stress balls of feet throughout, and do the steps with great elasticity in knees.

InstructionsVARIATION I ("Basic Step"):

Meas. 1           ct. 1 Step R with Rft  
                   ct. 2 Close Lft to Rft, taking wt. on Lft.

Meas. 2           ct. 1 Step R with Rft.  
                   ct. 2 Close Lft to Rft, without taking wt. on Lft.

Meas. 3           ct. 1 Step L with Lft.  
                   ct. 2 Close Rft to Lft, without taking wt. on Rft.



U SEST KORAKA (cont'd)

- Meas. 2 - 3 Do "cut-step" shown in Meas. 1 two more times.
- Meas. 4 One "syncopated 3" in place (R-L-R).
- Meas. 5 - 8 Same as Was. 1-4, but with opposite footwork, moving L.

VARIATION VI ("Fours with cuts")

- Meas. 1 "Fours" as in Meas. 1 of Variation III.
- Meas. 2 - 3 Two "cut-steps" as in Variation V.
- Meas. 4 One "syncopated 3" in place (R-L-R).
- Meas. 5 - 8 Same as Meas. 1 - 4, but with opposite footwork, moving L.

BELA RADA

(beh'-lah Rah'-dah)

Serbia

SOURCE: Learned from Natives in Yugoslavia.MUSIC: MH 3023-B Duquesne Univ. Tamburitians, No Piano music.FORMATION: Open kolo, hands joined and held down at sides.

NOTE: Dance is done entirely on balls of feet, except for final lowering of heels in meas. 5. Don't make wide steps in placing one ft behind other. Feet should "hug" each other.

Meas.

1. ct 1-Tiny step R with R ft. Ct &-Tiny step with L ft behind R ft  
ct 2 " " " " " " " Ct & " " " " " " " "
2. ct 1-Step on R ft in place ct & hop on R, bring L ft around back  
ct 2-Step on L toe behind R ct & hop on L, bring R ft around back
3. ct 1-Step on R toe behind R ct & hop on R, kick L ft fwd few inches  
ct 2-Step on L ft in original place, extend R ft fwd few inches  
ct &-Step on R ft in original place, extend L ft fwd few inches
4. ct 1-Step on L toe behind R ct & hop on L, bring R ft around back  
ct 2-Step on R toe behind L ct & hop on R, kick L ft fwd few inches
5. ct 1-Step on L ft in place, extend R ft fwd a few inches  
ct &-Step on R ft in place, extend L ft fwd a few inches.  
ct 2-Bring feet together, and lower both heels with heavy accent.  
ct & hold.