

Presented by Atanas Kolarovski

ZABCKO (ZAH-etch-ko)
(Macedonian)

RECORD: See erratta

FORMATION: Broken circle, hands joined and held down.

2/4 meter

PATTERN

Measures

8

INTRODUCTION

PART I

- 1 Facing and moving in LOD, step R (ct 1), step L (ct 2)
 2 Step R (ct 1), step L (ct &), touch floor with R heel, toes pointing
 diag fwd R (ct 2), roll onto full R ft (ct &)
 3 Continuing in LOD, leap fwd onto L, R raised diag back to R, R knee
 bent (ct 1). Touch floor with R heel, toes pointing diag fwd R (ct &)
 roll onto full R ft (ct 2), leap fwd onto L, R raised diag back to R,
 R knee bent (ct &)
 4 Step fwd R (ct 1), touch heel of L next to R (ct 2)
 5-8 Continuing in LOD, repeat action of meas 1-4 with opp ftwk

PART II

- 1 Repeat action of meas 1 Part I
 2 Step R (ct 1), step L (ct &), facing ctr, raise hands to shoulder
 height, elbows bent, leap onto R, L knee bent and raised in front of
 R leg (ct 2).
 3 Leap sdwd L onto L (ct 1), close R to L (ct 2), leap sdwd L onto L (ct &)
 4 Hold (ct 1), close R to L (ct &), small leap sdwd L onto L, R knee
 bent and raised in front of L leg (ct 2), turn to face LOD and bring
 hands down (ct &)

PART III Hands up at shoulder height, elbows bent

- 1 Facing and moving in LOD, lift on L (ct 1), step R (ct &), step L (ct 2)
 2 Continuing LOD, step R (ct 1), step L (ct &), step R (ct 2)
 3-4 Facing ctr and moving bwd, repeat action of meas 1-2, Part III, with
 opp ftwk, but step fwd on L on meas 4, ct 2.
 5-6 Facing ctr and moving fwd, repeat action of meas 1-2, Part III
 7-8 Repeat action of meas 3-4, Part III
 9016 Repeat action of meas 1-8, Part III

Sequence; Introduction, Part I,II,I,III, then alternate Parts II and I to end of music.

As presented by Atanas Kolarovski at
Stockton Folk Dance Camp, 1971

Notes by Marcel Vinokur with assistance
of Ruth Miller