

*Elson*

# AWAN



## INSTITUTE OF DANCES FROM THE BALKANS

Sat. Jan. 23, 1971 at BACES HALL – 1528 N. Vermont Ave.

## Bibersko

Source: Danica and Ljubica Janković, Volume #2

Time: 2/4

Position: Open circle, hands held at shoulder level. This is a men's dance.

Record: FR-4104B

## Measure:

- 1 Moving right step R. (ct.1) and step L. (ct.2).
- 2 Step R. (ct.1) and lift L. (ct.2).
- 3 Step L. to left (ct.1) and lift R. (ct.2).
- 4-12 Repeat measures 1-3, 3 times.
- 13 Preparation for next movement( in this case simply step R. in place next to L.)
- 1-6 Strike R. heel in place 12 times.

Dance continues in this fashion alternating between chorous step and striking steps, with one addition. The next time measure 13 comes you go down on the right knee, and strike the knee 12 times. Next you go to both knees and strike your right elbow, then your forehead. Finally you go into "push-up" position and strike your chin 12 times.



✓  
Cetiri U Krst

Source: Danica and Ljubica Janković, Volume #2

Time: 8/8 Counted S Q S

Position: A woman's dance done with 4 women in circle each carrying a folded handkerchief in right hand. Women face center of circle, hands touching about mouth level (touching the girl's on either side of you). You return to this position at the end of each pattern.

Record: FR-4103B

Measure: The dance starts with the girls singing. This step continues for whole dance, and ends up looking like a relative waltz step.

Pattern #1

- 1 Moving right step R. (S) step L. in front of R. (Q) and step R. to right (S).
- 2 Step L. slightly to left (S) R. in place (Q) L. in place (S).
- 3-4 Repeat measure 2 (reversing footwork) to the right and then exactly as measure 2 to left.
- 5-8 Same step moves forward for all women quick is just a slightly shorter step than the two slows. Each turns CCW around self with 4 steps.
- 9-12 Each woman continues with 4 steps turning CW (figure 8)
- 13 Stand in place, hands touch around circle.

Pattern #2

- 1-4 One set of women take 4 steps to pass each other back to back, right shoulders leading turn by CCW on 4 to rest in previous place. Other set do meas. 1 of #1.
  - 5-8 Other women change as did first set. First set turn CCW as in meas. 5-8 of #1.
  - 9-12 All women do meas. 9-12 of #1
- Patterns alternate until end of dance.

Cicek

Source: Danica and Ljubica Janković, Narodne Igre

Time: 7/8 1&a 2 3

Position: Men in line holding shoulders.

Measure:

- 1 Step R. (ct.1) L. cross in front (ct.&a) hop on L. (ct.2) step R. (ct.3)
- 2 Cross in front L. (ct.1) R. to right (ct.&a) hop on R. (ct.2) cross in front L. (ct,3).
- 3 Step in place with R. (ct.1) step in place L. (ct.&a) hop on L. (ct.2) step in place R. (ct,3)
- 4 Step in place L. (ct.1) step in place R. (ct.&a) hop on R. (ct.2) step in place (ct.3).

## I Vlaho

Source: Greek Folk Dances, M. Vouras & R. Holden  
Elliniki Hora, V. Papahristos,

Time: 2/4 & 7/8

Position: Hands held in open circle, hands down.

Measure: 2/4 music

- 1 Moving RGD step R. (ct.1) still moving right step L. (ct.2).
- 2 Step R. to side facing center(ct.1) step L. in place (ct.2)cross R. over in front of L. (ct.2) moving RIGD.
- 3 Continue moving RIGD step L. (ct.1) step together with R. (ct.2) step L. (ct.2)
- 4 Point R. toe into circle (ct.1) and out (ct.2)

7/8 music

- 1 Step R. to side (S) L. behind(Q) R. to side (Q).
- 2 Step L. across R. (S) side with R. (Q) across with L. (Q).

Dance continues alternating between the two steps following the changes in the music



Kalač

Source: Danica and Ljubica Janković, Volume #2

Time: 9/8 (4/8+5/8) Counted Q Q Q S

Position: Men separate from women, hands joined  
around circle and held about mouth level.

Record: FR-4103A

Measure:

- 1 Weight on L., lift R. (Q) step on R. (Q) lift L. (Q) cross L. in front of R. (S).
- 2 Lift R. foot (Q) step back on R. (Q) forward on L. (Q) back on R. (S)
- 3 Lift R. (Q) step to left on L. (Q) step front on R. (Q) back on Left (S)

Repeat dance to end of music.

When the music speeds up M's and W's lines break and both move CCW around circle, M in M's circle and W in theirs. W dance same step while M move with them, and do variations as desired. M do squats turns etc. playing to partner

Source: Greek Folk Dances, M. Vouras & R. Holden  
Elliniki Hori, V. Papahristos

Time: 7/8

Position: Couples randomly around floor facing each other.  
Women hold spoons she plays in time to the music  
while man holds 2 shot glasses in each hand  
one over thumbs and one over middle fingers.

Record: FR-4111A

Measure: Kalamatiano step

- 1 R. step to right (S) step behind L. (Q) side (Q).
- 2 Step L. across in front (S) side R. (Q) cross with L. (Q).
- 3 Forward with R. (S) in place L. (Q) place R. (Q).
- 4 Step back with L. (S) R. in place (Q) L. either in place or crossed over R. (Q)

You may do just measures 3-4 facing for awhile if  
if you like. Couples dance around each other,  
turning moving side to side etc.

When music speeds up all join hands in circle and do  
kalamatiano to end.

Source: Greek Folk Dances, M. Vouras & R. Holden  
Elliniki Hori, V. Papahristos

Time: 2/4

Position: Hands held down in open circle.

Record: FM-4112B

Measure:

- 1 Step R. to right (ct.1) L. together (ct.&) R. to right (ct.2).
- 2 Same step starting with the L. (on ct.1)
- 3 Repeat measure 1, turning to face CW on last step.
- 4 Repeat meas.2 moving in opposite direction CW.
- 5-12 Repeat meas. 1-4
- 13-14 Stamp R. in place 4 times 1 & 2 & Stop with a clap.
- 15-16 Stamp L. 4 times, stop with a clap.

When the melody changes repeat only measures 1-2 until music comes back to original tune and repeat 1-16.



## Kato Mi Kato

Source: Seminar on Yugoslav Dance Badija

Time: 2/4

Position: One man with a lady on his right and left. Ladies' outside hands hold man's which are around their waists. Ladies' inside hands rest on man's shoulders.

Record: FR-4105

## Measure:

- 1 All three step side R. (ct.1) close L. to R. putting weight on it (ct.&). Step side R. again (ct.&). Step side R. again (ct.2) Close L. to R. not putting weight on it (ct.&).
  - 2 Repeat action of meas. 1 with opposite direction and footwork.
  - 3-8 Repeat action of meas. 1 and 2 three more times.
  - 9 "Malo" step. Hop from L. foot onto R. in place (ct.1) Step behind R. with the L. (ct.&) Step side R. again (ct.2) Hop on R. (ct.&)
  - 10 Repeat action of meas. 9 with opposite direction and footwork.
  - 11-12 Repeat action of meas. 9-10
  - 13 With R. slightly in front of L. flex both knees and jump (ct.1&) Repeat (ct.2&)
  - 14 Repeat action of meas 13
  - 15 Man repeats action of meas. 13 and helps W to jump once more executing one full turn to the outside, landing in starting position.
- Repeat dance from beginning.

Source: A. Kolarowski

Time: 7/8 counted 1&a 2& 3&

Position: Open circle, hands joined around circle at mouth level. This is a women's dance with either a male or female leader.

This leader does special improvisational figures. Sometimes the female leader goes to the foot of the line and the second in line becomes the leader.

Record: FR-4101A

Measure:

- 1 Step L. in place (ct.1) lift R. hip slightly (ct&) drop hip (ct.a) Step on R. (ct.2) lift left hip and drop it (ct.&3&).
- 2 Step L. in place (ct.1&a) as in meas. 1 step R. to side (ct.2) step L. across (ct.3).
- 3 Step R. to side (ct.1) step L. (ct.2) step R. (ct.3)

This step continues throughout dance until the music speeds up and all the hip movements become hops and the dance moves much more in the air.

Lepa Anka Kolo Vodi

A-12  
(Pg. 1 of 2)

Source: Dr. Ivan Ivancan, Semimar of Folk Dances, Badija.

Time: 4/4

Position: Variation #1

M's hands folded over belt, women on left of partner both arms linked through M's arms.

Variation #2

Men holding hands in circle, women on left of partner right hand on his shoulder, left hand on left hand man's shoulder.

Record: FR-4108 A

Measure: Variation #1

1-2 Both M & W step in place on R. swinging L. through to front. (ct.1) straighten L. leg & place L. heel down (ct.2)

3-8 Repeat step L. R. and L.

1-2 Step continues couple turning CW M moves back and W forward.

3-4 Hold in place with R. heel out facing LOD.

5-6 Start step again stepping R. moving CW.

7-8 Hold position facing original direction.

Repeat dance.

Variation #2

1 Moving slightly left step into circle with R. (ct.1) a light bounce on R. (ct.&).

2 Step back onto L. (ct.1) and bounce (ct.&) move left.

3-8 Repeat meas. 1 & 2

1-2 M's free hand on hip he takes W's left hand and leads W into center of circle both taking 3 walks, starting R. (cts.1&2) touch L. to R. (ct.&)

3-4 Step L. R. L. out of circle.

(continued)



## Lepa Anka Kolo Vodi (continued)

## Measure:

5-8 Repeat measures 1-4

Repeat this step and alternate 2#1 and 2#2 'till end of dance.

## Transitions:

On the first 2 steps of Variation #2 W. moves in front of M passing from his right to his left. M waits doing step in place and moves in to make circle stepping forward on R. on meas.3

At end of step ( the second time through) the man pulls W to his Right side by simply pulling her left hand which he is already holding. Now you are ready to move around circle with first step.

Mackino Oro

Source: Danica and Ljubica Janković, Narodne Igre

Time: 2/4

Position: Man in line, shoulder hold. Each step should be done 12 times.

Record: FR-4109

Measure: Step 1

- 1 Step right with R. (ct.1) step behind with L. (ct.2)
- 2 Step right on R. lifting L. behind (ct.1) Hold on R. (ct.2)
- 3 Step forward L. (ct.1) step together with R. (slightly before ct.2) step forward L. (ct.2) R. foot comes up same but does not take weight.

Step 2

- 1 Same as measure 1 of step 1.
- 2 Step R. (ct.1) step behind L. (ct.2) step R. (ct.2a).
- 3 Step L. across in front (ct.1) step R. to the side (ct.2) step L. across (ct.2a)

Step 3

- 1 Step to side R. (ct.1) step behind L. (ct.2) step R. (ct.2) step L. behind (ct.2)
- 2-3 Repeat step 2 measures 2a3.

Step 4

- 1 Same as measure 1 of step 3
- 2 Repeat measure 1
- 3 Step right with R. (ct.1) step over L. (ct.2) side R. (ct.2) close L. (ct.2)

A-14

Madarac  
(Banatsko Kolo)

Source: Learned by Lauren Brody from Dick Crum.

(Pg. 1 of 2)

Time: 2/4

Position: Couples in shoulder-waist position.

Record: FR-4106

Note: There are 4 different musical phrases in this dance.  
Each one has its own step. The sequence has a  
chorus step (2) between each figure

Sequence: Intro. 1212324242421232423242

Measure: Figure 1 Twists

- 1 With knees slightly flexed, twist both heels to right  
L. heel coming slightly in front of R. instep (ct.1&)  
twist back to left (ct.2&)
- 2 Twist right and left again double time (ct.1&)  
twist once more to right.
- 3-4 Repeat action of meas. 1-2 with opposite footwork.
- 5-16 Repeat action of meas 1-4, 3 more times

Figure 2 Chorus.

- 1-7 Beginning R. do a step-hop-step turn for 7 steps  
moving CW.
- 8 Stamp R. (ct.1&) Stamp L. (ct.2&)
- 9-16 Repeat action of meas. 1-8 only moving backwards  
(CCW).

Figure 3 Side-by-side

- 1 M's R. hand is around W's waist. His free hand is  
open behind his back. Lady's L. hand is on M's R.  
shoulder. Her free hand is in a fist on her hip.  
Hit R. foot on ground picking it up immediately  
(ct.1) hop on L. (ct.2 Step on R(ct.&)).
- 2 Moving forward step on L. (ct.1&) hop on L. (ct.2)  
Step on R. (ct.3).
- 3 Moving forward step on L. (ct.1) step on T. (ct.&)  
step on L. (ct.2) step on R. 3).

(continued)



Madarac (continued)  
(Banatsko Kolo)

A-14

(Pg. 2 of 2)

Measure:

- 1 Step on L. (ct.1) step on R. (ct.&) step on L. (ct.2)  
Hold (ct.&).
  - 5-8 Repeat action of meas. 1-4, moving backwards.
  - 9-16 Repeat action of meas. 1-8
- Figure 4 Solo
- 1-3 M with both hands behind his back, W with both hands  
in fist on hips. Both make a figure 8 taking six  
steps (i.e. 3 measures starting to right) to make  
the first half of your figure 8.
  - 4-6 Make the other half of the figure 8.
  - 7-12 Repeat the action of meas. 1-6.

Source: Greek Folk Dances, M. Vouras & R. Holden  
Elliniki Hori, V. Papahristos

Time: 2/4

Position: Hands held at shoulder height, elbows bent and forward.

Record: Greek Folk Dances, Folkraft LP 6

Measure:

- 1 Weight is on L. the R. is across in front of L. toes touching ground. Step to right on the R. (ct.1)  
Step across in front of R. with L. (ct.2)
- 2 Step to right on R. (ct.1) swing L. across in front of R. (ct.2)
- 3 Step bkwd in RLOD on L. (still facing LOD) (ct.1)  
Step bkwd on R. (ct.2)
- 4 Turning to face center, step to side L. (ct.1)  
step R. across in front of L. (ct.2)
- 5 Step to side on L. (cts.1&2)
- 6 Weight remains on L., cross R. in front of L. as in beginning, pause.

Turning variations

One complete turn right on the first 3 cts. of the first step, the rest of the step is the same.

At meas. 4 a turn can be done using 3 cts. (step L. R. L.) ending as usual.

## Moldovan

Source: Seminar of Yugoslav Folk Dances on Badija, 1970

Time: 4/4

Position: Man and woman facing, man's back to center of circle. Both with hands on hips.

Record: FR-4108

## Measure:

- 1 Lift both heels off of floor (ct.&) drop onto heels (ct.1).
- 2-8 Repeat step through meas. 8, end up on balls of feet (ct.&).
- 1 Step-hop in place on L. hop is done flat-footed with free leg slightly across and in front.
- 2-4 Step-hop R. L. R.
- 5-6 Hop on L. four times, R. stays in front.
- 7,8-1,2 8 small scissors steps done with small steps and very flat-footed.
- 3 Jump onto both feet in place (ct.1) step place with R. (ct.&).
- 4 Place L. heel down in front of R. foot.
- 5 Hold position of measure 4 (ct.1) step R. to right (over rolling pin) (ct.&).
- 6 Place L. heel down again (ct.1) hold (ct.&).
- 7 Hold for ct.1 step (leap) back with L. (ct.&).
- 8 Place R. heel down in front of L. (ct.8) hold (ct.&).  
Repeat entire step from first bounces (beginning).

(continued)



Moldovan (continued)

A-16

(Pg. 2 of 2)

Measure: Chorous step

1-2 4 hops on R., while L. describes arch from left to right side of R., over rolling pin.

3-4 Step strongly in place L. R. L. (facing slightly right) Hold (ct.&), right leg extended slightly.

5-8 Repeat step with L. hopping, R. arching back over pin. Stepping R. L. R.

1-8 Repeat chorous over rolling pin R. and L.

Variation step.

1-8 Same as original step.

1-2 Step-hop L. & R. as in first step.

3-4 4 small scissors steps starting L.

5-6 4 hops on L. R. staying in front.

7-8 4 hops on R.

1 Jump onto both feet in place (ct.1) jump into the air hitting feet together (ct.&)

2 Repeat this jump.

3-8 Repeat measures 3-8 of original step. (second set of eight).

Repeat chorous step

Repeat dance from beginning.

## Prigorska Polka

Source: Nena Sokčić of Lado

Time: 2/4

Position: Couples either in ballroom position with joined arms straight or side by side with inside hands joined.

Record: FR-4107

- Steps: A. Prigorska Polka- In ballroom position beginning M's L. and W. R., M moving forward take 2 steps on fairly straight legs (ct.1&) take one more step and hold (ct.2&). Repeat with opposite footwork.
- B. Slide- With weight on M's R., W's L., jump to the side off of these feet onto the opposite ones (ct.&1) Repeat twice with free foot.(ct.&2) Repeat whole figure to other side.
- C. Normal Polka- This is a normal "American-Type" polka, that is hop step step.

Measure: Figure 1

1-8 Dance 8 prigorska polka steps in a line around the circle.

9-16 Dance 4 slides.

Figure 2

1-16 Same as figure 1 except that the couple makes a small circle to the left around themselves for the 16 steps.

Figure 3

1-8 Men moves forward in LOD for 8 Prigorska Polka steps.

9-16 Moving around the circle dance 8 normal polka steps in ballroom position.

Figure 4

1-8 Side by side (M's on W's left) with inside hands joined at shoulder height, M's free hand open behind back W's on hip, dance 8 Prigorska Polka steps with M leading lady around in a circle

9-16 Same as meas. 9-16 of figure 3.

Source: Danica and Ljubica Janković, Volume #2

Time: 2/4

Position: Open circle, hands held no higher than mouth, forearms touching neighbors forearm around circle. Arms pivot from elbows left (ct.1) and right (ct.2) throughout dance. Lead male dancer carries unfolded handkerchief while lead woman carries folded handkerchief.

Record: FR-4104A

Measure: Dance continually moves to right.  
Count the first count of meas.1 1&a

- 1 Step forward on L.(1&) step on ball of R. beside L. (ct.a). Step forward on L. and hold (ct.2)
- 2 Step back on R. (ct.1) step L. behind R. (ct.2)
- 3 Step to side on R. (ct.1) and lift L. (ct.2)

Repeat to end of music.



BAČKO KOLO  
(Bačka)

Source: Seminar on Yugoslav Dance, Badija; Janković  
Narodne Igre, V; Lado Ensemble

Record: LP AMAN- 102

Time: 2/4

Position: Circle of alternate men and women. Men hold ladies' belts. Ladies rest hands on men's shoulders.

Measure: Step I

1-4 Step side L. (ct.1) Close R. to L. taking weight (ct.2) Step side L. again (ct.1) Close R. to L. taking no weight (ct.2) Repeat to opp. direction with opp. footwork.

5-8 Repeat meas. 1-4

Step II

1-16 Same as Step I, but men click the closing ft. on (ct.2) of each meas. There is a slight drmeš movement here. This step is done twice as long as Step I.

Step III

1-4 Hop on R. (ct.1) Step to Lft. on L. (ct.&) Step on R. beside L. (ct.2&) Step side L. (ct.1&) Hop on L. (ct.2&) Repeat to opp. direction with opp. footwork

5-16 Repeat meas. 1-4 3 more times.

Step IV- Variant of Step III. Men only  
Ladies continue Step III.

1-4 Hop on R. (ct.1) Step to Lft. on L. (ct.&) Step on R. beside L. (ct.2&) Step side L. Raising R. in place and turning it in slightly (ct.1&) Hop on L., swinging R. across L. and turning R. out slightly (ct.2&) Repeat to opp. direction with opp. footwork.

(continued)

## Staro Sito (Bilogora)

Source: Dr. Ivan Ivančan Narodne Plesove Hrvatske #3 '69

Time: 2/4

Position: Square of 2 couples, partners facing each other  
right hands joined ( as if shaking hands)

Record: FR-4107

Measure: Basic step used throughout dance.

- 1-4 8 scissors steps in place starting R. Weight on  
back foot, front foot does not leave the floor.
- 5-6 Continue scissors steps R. L. R. and hold on R. (ct.&)
- 7-8 Scissors L. R. L. and hold on L.

Pattern #1

Do entire step in place.

Pattern #2

Square moves slightly left .

Pattern #3

- 1-8 Couple #1 change places turning CW to end in each  
others place for the R.L. R. hold, etc.
- 9-16 Other couple change places exactly as did couple #1
- 1-8 Basic step in place, both couples.
- 1-16 Repeat change of places, each couple moving back to  
original position.

Repeat dance

Source: Danica and Ljubica Janjko<sup>vi</sup>ć Marodne Igre

Time: 3/4

Position: Belt hold left arm over. Men in one line, women  
in other, separated by handkerchief.

Measure:

- 1 Step right with R. (ct.1) step L. over lifting  
R. slightly (cts. 2-3)
- 2 Step right with R. (ct.1) lift L slightly (cts.2-3)
- 3 Step back L. lifting R. slightly (ct.1)  
Hold (cts.2-3)
- 4 Step back R. lifting L. (ct.1) hold (cts.2-3)
- 5 Step in place L. lifting R. slightly  
(ct.1) step in place R. (ct.2) step in place L.  
lifting R. slightly (ct.3).

Variation step

- 1-4 Same as first step.
- 5 Step L. across in front of R. (ct.1) hold (ct.2-3)  
lifting R. slightly on hold.

Dance repeats to end.



Ѕensko Makedonsko  
ЅENSKO MAKE DONSKO

Source: Frula Ensemble- Zoran Vašiljević

Time: 9/16 For purposes of notation counted SSS QS

Position: Girls line hands held forward and slightly up elbows bent.

Record: FR-4101B

Measure

- 1 Weight on R. the L. points front (S) points side (S) Bring feet together (S) bend R. knee again step on L. (QS).
- 2 Step on R. (S) step in place on L. (S) weight on L. R. goes out slightly in front and straight(S) whole leg rotates, heel moving towards left (Q) step together taking weight on R. (S).
- 3 Weight on R., L. heel moves in (S) step together(S) S QS are a repeat of measure 2's S QS.

4-6 Repeat 1-3

Repeat 1-6 2 times.

Step #2 - Transition as tempo increases.

- 1 Same as measure 2 of step 1.
- 2 Drop hands, put L. hand on hip right hand extended up and forward, waving handkerchief. Scissors onto R. (S) and onto L. (S) hop on L. with R. extended (S) hop on L. (Q) step on R. forward (S).
- 3 Hop on R. , L. extended(S) leap on L. slightly Forward(S) 2 hops on L. (Q) leap in place on R. (S).
- 4 Leap forward L. facing diagonally right (S) at same time right arm flicks handkerchief over head towards left shoulder. 3 hops on R. with L. extended (SS Q) leap on L. (S)

Repeat 1-4

Each step changes with the music until end.

Ending step

Scissors R. and L. step together.

Kato mi Kato

//Kato mi Kato, moje suvo zlato//  
Poljubi me Angelina, nek je čudo svima.  
Jedan dva, jedan dva, jedan ju.

//Katu da prosim dukate joj nosim//  
Poljubi etc.

Bre Devojče

//Bre devojče, bre, đavolče, čije beše ti?//  
//Ja sam čera čir-Jovanova, zar me neznaš ti?//

//Bre devojče, bre, đavolče, sećaš li se ti//  
//Kad smo jeli lokma sećer samo ja i ti?//

//Grlismo se, ljubismo se, samo ti i ja//  
//Zaklesmo se, uklesmo se, da niko ne zna!//

Četiri u Krst

Pokaj, kito, pokaj mori  
Da ne se udavis mori  
Da ne se udavis i !

Ako se udavim mori  
Što žalba za mene mori  
Što žalba za mene i !

Ja ne žalim tebe mori  
Nego ruse kose mori  
Nego ruse kose i !

Bibersko

//Da vam ka, da vam kažem braćo moja//  
//Ovako, ovako se biber tuče//  
//S peticom, s peticom se biber tuče//  
2. Substitute "S kolenom" for "S peticom"  
3. S lakatom  
4. Sa glavom  
5. Sa bradom

Song Sheet  
(continued)Lepa Anka Kolo Vodi- each line 4x

1. Lepa anka kolo vodi
2. Kolo vodi i govori
3. Alaj su mi oči čorne
4. Oči čarne usne male

Staro Sito

//Gde si, ženo, tako dugo  
Kaj delaš, Kaj delaš?//

//Po kući je razmetano,  
Kaj mislis, kaj misliš?//

//V onom kutu staro sito  
Zakaj to, pokaj to?//

//Vaonom drugom je korito,  
Zakaj to, pokaj to?//

//Stari dede kaj medede,  
Zakaj to, pokaj to?//

//Stara baba kaj taraba,  
Zakaj to, pokaj to?//