

KOPACKA

Kopacka symbolizes how the men work on the farm. It is the most popular dance from eastern Macedonia and is done in "village" style in steps, style and technique. It was originally a dance for men only and widely used by exhibition groups. The dance is from the Delevo-Berovo district. It was originally taught by Atanas Kolarovski when TANEC, the Macedonian State Folk Ensemble, toured the United States in 1956.

RECORD: AK 008  
 RHYTHM: 2/4 10 measure phrase  
 FORMATION: Mixed lines, belt hold L over R.

- I
- | Meas. | Ct. |  |
|-------|-----|--|
| 1     | 1   | Facing slightly R, moving in LOD, step R |
|       | 2   | Step L                                   |
| 2     | 1   | Step R                                   |
|       | 2   | Step L                                   |
| 3     | 1   | Step R                                   |
|       | 2   | Slight thrust forward with L             |
| 4     | 1   | Step L                                   |
|       | 2   | Slight thrust forward with R             |
| 5     | 1   | Step R                                   |
|       | 2   | Slight thrust forward with L             |
| 6     | 1   | Step L in RLOD                           |
|       | 2   | Step R across in front of L              |
| 7     | 1   | Step L                                   |
|       | 2   | Step R behind L                          |
| 8     | 1   | Step L                                   |
|       | 2   | Slight thrust forward with R             |
| 9     | 1   | Step R                                   |
|       | 2   | Slight thrust forward with L             |
| 10    | 1   | Step forward with R toward center        |
|       | 2   | Left R close in front of L ankle.        |
- Repeat to end of slow music "Dinna Juda Mamu"
- II
- |   |   |  |
|---|---|--|
|   |   | Fast "Kopacka" step danced to "Deriviško Viško Mome" |
| 1 | 1 | Hop L  |
|   | 2 | Step R   |
|   | 2 | Step L   |
| 2 | 1 | Hop L  |
|   | 2 | Step R   |
|   | 2 | Step L   |
| 3 | 1 | R  |
|   | 2 | L  |
|   | 2 | R  |
|   | 2 | L  |
| 4 | 1 | L  |
|   | 2 | R  |
|   | 2 | L  |
| 5 | 1 | R  |
|   | 2 | L  |
|   | 2 | R  |
- 6-7 Repeat meas. 1-2 to the L, using same footwork as before.  
 8-10 Repeat meas. 3-5 (scissors) moving to L, then forward, making a semi-circle moving toward R.  
 1-2 Repeat meas. 1-2, Fig. 2, moving back to original position  
 3-10 Repeat meas. 3-10, Fig. 2, continuing to move in a semi-circle until leader calls change.
- III.
- |     |   |   |
|-----|---|---|
| 1-4 |   | Repeat Meas. 1-4, Figure I                                |
| 5   | 1 | Little leap onto R foot, bringing L out sharply to L side |
|     | 2 | then swing across in front of R with bounce on R          |

KOPACKA (cont.)

III. (cont.)

6-7 Repeat meas. 1-2, Figure 1  
8 1 Small leap on L  
2 Slight thrust forward with R  
9 1 Step R in place  
& Step L  
2 Step R forward  
10 1 Hop on R  
& Swing L out to L and around  
2 Step on L across in front of R  
1-10 Repeat meas. 1-10, Part III.

IV.

1-2 Repeat meas. 1-2, Part I  
3-4 Jump on both feet and hold  
5 1 Leap onto R, swing L out sharply to L  
2 Swing L across in front of R  
6 1 Touch to L with L on toe, with heel turned out  
2 Raise L behind R calf, with slight lift on R  
7 1 Step back on L with twist  
2 Step back on R with twist  
8 1 Step L  
2 Slight thrust forward with R  
9 1 Step R  
& Step L moving slightly forward  
2 Step R  
10 1 Hop R  
& Bring L across  
2 Step L across in front of R in LOD  
1-10 Repeat meas. 1-10, Part IV.

V.

1-2 Repeat meas., Part I  
3 Jump on both feet  
4 1 Leap onto R, swing L out sharply to L  
2 Swing L across in front of R  
5 1 Touch to L with L on toe, with heel turned out  
2 Raise L behind R calf, with slight lift on R  
6 1 Step back on L with twist  
2 Step back on R with twist  
7 1 Step L  
2 Slight thrust forward with R  
8 1 Step R  
& Step L moving slightly forward  
2 Step R  
9 Bicycle (hop on R, circle left leg forward, up, backward and down)  
10 Repeat bicycle, ending with Step L  
1-10 Repeat meas. 1-10, Figure V

This description is meant as refresher notes only, for use after having learned the dance from a qualified instructor. Proper styling must be learned in person as it cannot be adequately described in writing.

Presented by Atanas Kolarovski

### GORNO SELSKO

A mixed line dance done at all festive occasions. Gorno Selsko comes from the Demirhissar region of Macedonia. Hands are joined at shldr level or (when men dance alone) on neighbors shldrs. The music is 12/16.

#### MEAS: PATTERN I (SLOW):

- 1 Travelling in LOD lift step on L raising R knee (1), step on R (2), hold (3), step fwd on L (4), step fwd on R (5).
- 2 Still in LOD step on L (1), step on R facing ctr (2), hold (3), step on L crossing in front of R (4), step in place on R (5).
- 3 Lift step on R with a low lift on L leg (1), place L beside R with a light bounce (2), bounce on both ft again wt on L (3), step on R crossing in front of L (4), step on L in place (5).
- 4 Repeat meas 3, opp ftwk.
- 5-8 Repeat meas 1-4, opp ftwk.

#### PATTERN II (FAST):

- 1 Travelling LOD lift step on L raising R knee high (1), step on R (2), hold (3), step on L (4), step on R beside L (&), step sharply on L (a "Down movement") (5).
- 2 Still in LOD lift step on L (1), step on R facing ctr (2), hold (3), step on L crossing in front of R (4), step sharply up on R in place (&), step sharply down on L in front of R (5).
- 3 Step back on R (1), close L to R and bounce on both (2), bounce again wt on L (3), step on R crossing in front of L, then step up on L and down on R (4,&,5).
- 4 Step back in place on L (1), place R to R wt on both ft (2), raise L behind R (3), skip on R (a), in LOD step on L to L (4), step on R crossing in front of L (5).
- 5-8 In LOD repeat meas 1-4, opp ftwk.

Presented by Atanas Kolarovski



LAPOVO KOLO

Record: AK-008 Side B Band 3

Rhythm: 2/4

Formation: "V" pos.

Meas.

Fig.1

- 1 Moving in LOD, slight hop on L (ct. <sup>AND</sup> ), Step R (ct.1), Hold (ct. <sup>AND</sup> ), L ft close to R (ct.2)
- 2 Repeat Meas. 1 with opp. ft.
- 3 **AND** Step R (ct.1), Step L next to R (ct.&), Step R (ct.2)
- 4 Step L to L (ct.1), facing ctr., Hold (ct.2)
- 5 Step R to R (ct.1), Step L slightly across in R (ct.&) Repeat cts.1,& (cts.2,&)
- 6 Step R to R (ct.1), Hold (ct.2)
- 7-12 Repeat Meas. 1-6 with opp. ft. and direction

Fig.2

- 1-3 Repeat Meas.1-3, Fig. 1
- 4 Step L to ctr. (ct.1), Step R to ctr. (ct.&), Step L slightly to L (ct.2), Step R next to L (ct.&)
- 5 Step L to back (ct.1), Step R back (ct.&), Step L back (ct.2)
- 6 Hop on L (ct.1), Step on R heel to ctr. (ct.&), Step L in place (ct.2)
- 7 Three small steps in place, R,L,R (cts. 1,&,2)
- 8 Repeat Meas.6 with opp. ft.
- 9 Repeat Meas.7 with opp. ft.

Fig.3

- 1-6 Repeat Meas. 1-6, Fig.1
- 7 Hop on R (ct.1), Step L heel to ctr. (ct.&), Step R in place (ct.2)
- 8 Three small steps, L,R,L (cts.1,&,2)
- 9 Hop on L, raise R to R in a same time(ct.1), Step R next to L (ct.2), Hop on R, raise L to L (ct.&)
- 10 Step L next to R (ct.1), Step R in place (ct.&), Step L in place (ct.2)

VLAŠKO KOLO Yugoslavian

From the town of Zāhečar in eastern Serbia.

"Vlaško" means of the Vlačko, a nomadic tribe of sheepherders. Their sheep graze in the mountains in summer and in winter they seek new pasture in the warmer valleys.

Hands in belt hold, L over R.

PATTERN

meter 4/4  
hands held down

- I Measure I-Face R Line of Direction  
1-R to R  
2-  
3-L  
4-  
Measure II  
1-R  
2-  
3-L  
4-  
Measure III-facing center, moving to R  
1-hop on L  
&-R to R  
2-L close  
3-R to R  
4-hop on R  
Measure IV-opposite of Measure III, or  
1-hop on R  
&-L to L  
2-R close  
3-L to L  
&R in place  
4-L in place

Do step I until leader calls a change

- II Facing and moving R  
Measure I  
1-hop on L  
&-R  
2-L  
3-hop on L  
&-R  
4-L Right  
Measure II facing Right moving to R  
1-R  
2-bounce a little on R  
3-L  
4-bounce a little on L  
Measure III-facing center  
repeat measures two and three from step I

Do step 2 until leader calls change.

Presented by Atanas Kolarovski

VELEŠKO CRO

meter 9/8 1-2/3-4/5-6/7-8-9 or quick/quick/quick/slow  
handhold-arms up in V position

I Facing and moving R Line Of Direction

Measure I

qk-lift on L

qk-R

qk-L

slow-R

Measure II-continue to R, facing R

qk-L

qk-R

qk-L

slow-R

II Facing Center, steps in place

Measure I-

qk-lift on R

qk-step in place with L

qk-hold

slow, count 7-R slightly forward

count 7-L step back

Measure II-repeat Measure I with opposite footwork

Measure III-repeat Measure I

At the end of step II, go back to step I. Do steps I and II until the leader calls a change.

III Facing and moving to R, arms held down

Measure I

qk-lift on L

qk-R

qk-L

slow-counts 7,8 and 9, comprised of 2 quick steps,

count 7-R

count 8-L

Measure II

.-repeat Measure I

Measure III

qk-leap onto R(a small leap)

qk-step onL

qk-R

slow, count 7-R

count 8-L

Measure IV-repeat measure III with opposite footwork

IV Face Center, do steps in place

Measure I

qk-lift on L, raising R leg in front, (bend R knee)

qk-R in place

qk-L forward, raising R foot behind L calf

slow, count 7-lift on L

count 8-step back on R

Measure II-repeat Measure I with opposite footwork

Measure III-repeat Measure I

Measure IV-repeat Measure II

Presented by Atanas Kolarovski



ŽENSKO BERANĚ

Record: AK-003

Rhythm: 11/16

Formation: "W" position

Meas

Fig 1

- 1 Facing ctr and moving in LOD, Hop on L (ct 1)  
Step R to R (ct 2,3), Step L behind R (ct 4) Step R to R (ct 5)
- 2 Step L across R (ct 1), Lift on L, bring R in front (ct 2)  
Step R to R (ct 3) Step L across R (ct 4) Step back on R (ct 5)
- 3 Hop on R (ct 1), Step L to L (cts 2,3), Step R across L (ct 4)  
Step back on L (ct 5)

Meas

Fig 2

- 1-2 Repeat Meas 1-2, Fig 1
- 3 Hop on R (ct 1), Step L to L (cts 2,3), Step R behind L (ct 4)  
Step L to L (ct 5)
- 4 Step R across L (ct 1), Lift on R, bring L in front (ct 2)  
Step L to L (ct 3), Step R next to L (ct 4) Step L next to R(ct 5)

Meas

Fig 3

- 1 Repeat Meas 1, Fig 1
- 2 Repeat Meas 2, Fig 1, but make one turn CW (cts 1, 2)
- 3 Repeat Meas 3, Fig 1