# 包 



TRANSLATION: In fours
RECORD: Folkraft 1555 (45) -- calgija
FORMATION: Lines with hands joined in "V" pos.
METER: $2 / 4$ PATTERN

Meas.
INTRODUCTION: 8 meas
VARIATION I:
1-2 Facing LOD and moving .". in LOD, begin $R$ and do 2 lift-step-step bkwd.
3-4 Still moving bkwd do small running steps RLR, LRL (cts l,\&,2 1, \& , 2).
5-8 Repeat meas 1-4.
9-16 Turning to face and move in LOD, repeat meas 1-8.
17-24 Repeat meas 1-8.
VARIATION II:
1 Facing slightly $R$ of ctr with wt on $L$ and knees bent, place $R$ heel in LOD (ct 1); lower ball of $R$ and take wt, L starts through (ct 2).
2 Three (3) quick running steps (LRL) in LOD (cts $1, \&, 2$ ).
3-4 Repeat meas 1-2.
Turning to face ctr, hop on $L$, raise hands and bring $R$ knee high, as $R$ begins movement across $L$ (ct l); step $R$ across $L$ with strong movement (ct 2).
6 Step diag L bkwd with L - lower hands (ct l); step slightly diag $R$ bkwd with $R$ (ct 2).
$?$
8 $\quad$ Touch L heel slightly fwd, raise hands (ct l); nold (ct 2)
9-32
Remeat meas 1-8, 3 more times ( 4 in all).
VARIATION III:
1-2 Repeat meas I-2, Var. II.
3 In LOD, leap high onto $R$ (ct l); long step diag $L$ twd ctr with L (ct 2).
4 Step R across L (ct 1): step diag bkwd on L (ct 2).
5 Leap on $R$ next to L, lift $L$ across shin of $R$ leg, ft relaxed,
6 raise hands (ct l); hold (ct 2).
7-8 Step LRL in place, lower hands (cts l,\&,2).
7-8 Repeat meas 5-6.
9-32 Repeat meas 1-8, 3 more times ( 4 in all)。
VARIATION IV:
l-2 Repeat meas l-2, Var. II.
3-4 Repeat meas 5-6, Var. II.
5 Facing ctr and moving sdwd
Lep
6-7 $\quad 1$ (ct 2). Steps are quick and small.
6-7 Repeat meas 5-6, Var. II.
$8 \quad$ Close $L$ to $R$ and lower heels 3 times, take wt on $L$ on 3 rd bounce and bring $R$ up beside $L$ ready to repeat Var IV.
9-32 Repeat meas 1-8, 3 more times ( 4 in all).
OTHER VARIATION POSSIBLE Notes from 1966 Kolo Festival
Fresented by Atanas Kolarovski, Jan 9-10, 1982

SOURCE: A Macedonian line dance from the Jkopje region.
TRANSLATION: Choo-chooik
RECORD: Yugoslav Folk Dances AK-C03, Side 2, Band 2
FORMATION: Hands are either held at shldr level or in shldr hold.
METER: $\quad 9 / 16$ meter counted here as: $\frac{1,2}{1} \quad \frac{3.4}{2} \quad \frac{5,6}{3} \quad \frac{2.8 .9}{4}$

|  | 9/16 PATTERN |
| :---: | :---: |
| Meas. |  |
|  | BASIC STEP: |
| 1 | Slight lift on $L$ raising $R$ knee (ct l); in place step R.L.R (cts 2-4). |
| $\begin{aligned} & 2-4 \\ & 5 \\ & 6 \end{aligned}$ | Repeat meas 1,3 more times alternating ftwk ( 4 in all). |
|  | Repeat meas l, moving in LOD. |
|  | In LOD, step L across $R(c t$ l); step $R$ fwd (ct 2); step L across $R$ (ct 3); face ctr and step R to $R$ ( $c \pm 4$ ). |
|  | Repeat meas $2-6$ until leader calls change. |
|  | VARIATION A (SLOW) : |
| $\begin{aligned} & 1-3 \\ & 4 \end{aligned}$ | Repeat meas 2-4 of Basic Step. |
|  | Moving in LOD, lift on L raising $R$ knee high (ct l); step $R$ to $R$ (ct 2); in a slow continuous motion,bring raised $L$ knee across $R$ (ct 3); flex $R$ knee (ct 4). |
| 5 | In place leap onto $L$ across $R$ (ct l); leap to $R$ on $R$ and raise L knee in front (ct 2); hold (ct 3); flex R knee (ct 4). <br> Repeat meas $1-5$ until leader calls change. |
|  | VARIATION B ( FAST) : |
| $\frac{1-3}{4}$ | Repeat meas 2-4, Basic Step. |
|  | Moving in LOD, hop on $L$ and swing $R$ leg in front of $L$ (ct l); step $R$ to $R(c t \&)$, step $L$ across $R(c t 2)$; hop on $L$ and swing $R$ les in front of $L$ (ct 3); step $R$ to $R(c t \&)$; step $L$ across R (ct 4). |
| 5 | Hop on $L$ and swing $R$ leg in front of $L$ (et 1 ); leap onto $R$ raising L knee (ct 2); hold (cts 3): flex knees (ct 4). Repeat meas $1-5$ until leader calls change. |
|  | VARIA'IION C (FAST) |
|  | Always precede this variation with meas l-3 of "Basic Step." |
| 4 | Movine, in LOD, hop on $L$ ( ct 1); hop on $L$ (ct \&); step $R$ to $R$ (ct 2); leap L across $R$ (ct 3); hop on L (ct 4); step R to R (ct $<-u h$ ). |
| 5 | Still moving in LOD, leap L across $R$ (ct l); hop on L (ct 2); step $R$ to $R$ (ct \&); step $L$ across $R$ (ct 3); step $R$ to $R$, face ctr (ct 4); step L behind $R$ (ct \&-uh). |
| 6 | In place leap onto $R$ raising L knee (ct 1); hop on $R$ (ct 2): step L,R,L,R (cts \& $3,4, \&-u h$ ). |
| 7-8 | Repeat meas 3 twice more alternating ftwk (3 in all). |
|  | Woving in LOD, leap on L across $R$ (ct 1); hop on L (ct 2); step $R$ to $R$ (ct 3); hop on $L$ (ct 4); step $R$ to $R(c t \&-u h)$. |

CUCUK, Cont'd., pape 2

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10 Moving in LOD, leap onto L across R (ct 1); hop on L (ct 2);
    step R to R (ct &); step L across R (ct 3); step R to R and
    face ctr (ct 4); step L behind R (ct c-uh).
    Repeat meas 4-10 until leader calls change.
    VARIATION D ( FAST)
    1 Moving in LOD, hop on L (ct, 1); hop on L (ct 2), step R to R
        (ct &); step L across R (ct 3); step R to K (ct 4); step L
        across R (ct &-uh).
2 Repeat meas l.
3
    Still moving in LOD, repeat meas l, cts l-3 (cts l-3); step R
    to R and face ctr (ct 4); step L behind R (ct &-uh).
4 In place leap onto R lifting L knee (ct I); hop on R (ct 2);
    step L,R (cts &,3); hop on K (ct 4); stepL (ct &-uh).
5 In place hop on L raising R knee (ct 1): hop on L (ct 2);
    Step R,L,R,L (cts &, 3,4,&-un).
6 Repeat meas }5\mathrm{ with opp ftwk.
    Repeat meas 1-6 until leader calls change.
    VARIATION E (FAST, Men only):
1-3 Always precede this variation with meas 3-5 of Var. C.
4 In LOD, repeat Var. C, meas 6.
5 Leap L across R (ct l); leap R in place (ct 2): squat (ct 3);
    leap up from squat onto both ft ( ct 4).
6 Turn CCW (R) in air and land on both ft (ct 1); hold (ct 2);
    squat (ct 3); leap up from squat onto both ft (ct 4).
7 Repeat meas 6 with opp ftwk and turn.
8 Repeat meas 6.
    Repeat meas 4-8 if the leader calls it again.
    VARIATION F (FAST):
1 Moving in LOD, repeat Var. E, meas 4.
2 Moving in LOD, repeat Var. C, meas }5
3-5 In place, repeat Var. D, meas 4-6.
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Presented by Atanas Kolarovski
January 9-10, 1932
Dance notes from 1975 San Dipgo State University Folk Dance Conference

## ČUPURLIKA. <br> Macedonia

The name of the dance means "city on the river". The Turkish name for the town of Titov Veles. The dance is said to have originated in the harems of the Turkish overlords when the Ottoman Empire dominated the Balkans.

PRONUNCIATION: Chuh-puhrr-lee-kah
RECORE: Folkraft LP-25, Side B, Band 1
RHYTHM: $\quad 7 / 8$ increasing to $7 / 16-\frac{1,2,3}{S} \quad \frac{4,5}{Q} \quad \frac{6,7}{Q}$
FORMATION: Line dance for women only. Kands are clasped lightly or little fincers are hooked, held at shldr ht with bent elbows.

STYLE: Posture is very tall, and steps are small. The side to side hip movement is performed smoothly and is isolated from the upper torso. Hips move to the right when the weight is on the $R \mathrm{ft}$ and vice versa. The distinctive hip movement which accompanies the footwork of the dance should be learned from a qualified instructor, it can not be learned from the dance notes.

## NETER: 7/8\&7/16 <br> PATTERN

Meas. Cts.

2/8

2
2 I-2 Lift on $L$, raise $R$ slightly off floor. 3 Step slightly back on R. 4-5 Step back on ball of L. 6-? Step (almost rock) on $R$ in place.
3 I-2 Lift on $R$, raiseL siightly off floor. 3 Step L across R. 4-5 Step R to R. 6-7 Step $i$ to $R$, $L$ still across $R$.

7/16 PAR'P II: FAST
NOTE: When the tempo increases, dancers continue the same ftwk with the following changes in counting the rhythm.
1 Same as meas l, Part I, except lift on cts l-2. 3-4 become hops.
$2 \quad 1-3$ Step slightly back on $R$
4 Step slightly back on L
5-7 Step $R$ in place.
$3 \quad 1-3$ Step $L$ across $R$. 4 Step R to $k$. 5-7 Step L to $R$, L still across $R$.

Presented by A.tanas Kolarovski, January 9-10, 1982
Original notes by Rickey Holden, Wouter Swets, Atanas, and Dennis Bosell. Revised by $R$ \& $S$ Committee

## DRENICA

## Albania

\& chirtar Albanian dance from the village of the same name. It is interesting to note that kecause of tine difficulty of the $12 / 16$ rhythm this dance is usually done by good dancers who follow festivals and weddings from viliage to village. The orchestra is a group of seven musicians from Pristina who are all members of the professional ensemble, Sota.

RECORD: Songs and dances of Yugoslavia AK-005 (LP)
RHYTHM: $\quad 12 / 16$ counted: $\frac{1,2,3}{1} \quad \frac{4,5}{2} \quad \frac{6,7}{3} \quad \frac{8,9,10}{4} \quad \frac{11,12}{5}$
FORMATJON: Mixet lines, hands joined at shldr level ("W" pos)


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DRENICA, Cont'd., page 2
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These notes are to serve only as a reminder for those who have learned the dance from a competent teacher.

Presented by Atanas Kolarovski January 9-10, 1982

Dance notes by $R \& S$ Committee

An Albanian dance, the title comes from the word "kölc" or sabja polo-kruik, (half-circle) in Macedonian, describing the crescent moonshape of the sword.

RECORD: Songs \& Dances of Yugoslavia, AK-006 (LP), Side 2, Band 3.

FORNATION:

RHYTHM: $\quad 12-16$ counted: $\frac{1.2 .3}{1} \quad \frac{4.5}{2} \quad \frac{6.7}{3} \quad \frac{8.9 .10}{4} \quad \frac{11.12}{5}$
STYLING: Correct styling is most important and when done well makes a very beautiful dance. The body is bent fwd during the steps done in place, resuming an upright pos for the traveling steps. knees are flexible, leading a loose and graceful bounce to the steps. When the $R f t$ extends outward, the $L$ shldr is held back, and the whole torso sways with the movement of the $f t$. When the L ft is fwd, the $L$ shldr also moves fwd.

There are 3 possible positions for the hands: In a mixed line, the "W" hold may be used. In separate lines, W place $R$ hand on hip, or extend the $L$ arm to shldr of $W$ on her L. M use shldr hold, OR: L arm extends straight out to $L$ side in front of $R$ arm of the dancer next to you. It should be just stiff enough to keep you an arm's length away. $R$ arm is bent fwd at elbow and hold close the the body to support the dancer on your R. For the steps in place, $W$ hoop their hands on hips, while $M$ raise $R$ arm twd head when $L$ leg in back and vice versa.
NETER: 12/16 PATTERN

## heas.

INTRODUCTION:
1 No actior (cts 2-4), with wt on L, lift $R$ in front of L (ct 5).
FIG. I: IN PLACE
1 Jtepping $R$ to $R$, step-bounce twice (cts l-2): lift L fwd (ct 3); step $L$ fud of $R(e t 4)$; step back on $R$, lift $L$ (ct 5).

2 Circle L behind $R$ (cts 1-2); step L behind $R$ (ct 3); cross $R$ over L and bounce twice (ct 4): step back on L (ct 5); lift $R$ fiwd ( $\left.c^{+} \&\right)$.

3-4 Pepeat meas 1-2.

FIG. III: MOVE AND FACE LOD
1 Lift R fwd (ct 1); step R fwd, lead with heel (ct 2); complete step by stepping on complete ft (flat) (ct 3); step L fwa (ct 4): licht leap fwd on $R$ (ct 5).

KALADŽOJ, Cont'd., page 2

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2 Step R fwd (ct 1); bounce on L (ct 2); step fwd R,L (cts 3-4);
    light leap fwd on R (ct 5); step L fwd (ct 6).
    Begin dance from beginning.
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Presented by Atanas Kolarovski January 9-10, 1982

Dance notes from San Diego State University Folk Dance Conference, 1977

## LILJANO, MOIE UBAVO Macedonia

This dance is the same type as Zensko Kirsteno or Postupano, which originated in the Vardar valley, near Skopje. It is done on any occasion for celebration; weddings, slavs, birthdays, etc. May be danced to many different tunes, either with orchestration or sung by the dancers themselves. The title means "Liljana, Fair young girl" and the words of the song are addressed to her.

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RECORD: AK-006 (LP) or
    Folkraft 155 (45)
FORMATION: Lines with hands joined in "W" pos. kinees should be flexible throughout to achieve the plie effect.
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```PATTERN
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Mieas.Cts.
VARIATION I:

```11 Facing slightly \(R\) and moving in LOD, lift on \(L\), bend \(R\) kneeto raise \(R\) across \(L\) leg.
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2 Lift on i.
3 Step R fwd.
4 Close L to R
5 Step back on $R$, bending knees

```Repeat meas 1 with opp ftwk and direction.
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VARIATION II:
1-2 3 Repeat meas $1-2$, Var. I.
$3 \quad 1-3$ Repeat cts $1-3$, meas 1, Var. I
4 Touch $L$ next to $R$, bending knees.

```\(4 \quad 1\) Quick lift-step \(R\) f'wd.2-3 Lift-step L fwd4-5 Repeat cts \(4-5\), meas 1, Var. IRepeat meas 1, Var. I with opp ftwk and direction.

Presented by Atanas kolarovski
January 9-10, 1982
Notes by \(R\) \& \(S\) Committee

PRONUNCIATION: Poh-ter-chah-noh
TRANSLATION: Hurrying
RECORD: Folkraft 1465, Side B, or LP-15
RHYTHM: \(\quad 7 / 16\) counted here as: \(\frac{1,2,3}{1} \frac{4,5}{2} \quad \frac{6,2}{3} \quad(S, Q, Q)\)
FORMATION: Mixed lines with hands joined in "V" pos.
3TEPS: Hop-step-step-(L): Hop on L (ct 1); step R fwd (ct 2); step L fwd (ct 2). Can also be done with opp ftwk.

Running two-step (R): Slight leap on \(R\) fwd (ct l); close I to R (with step or slight leap) (ct 2); step (or slight leap) \(R\) fwd (ct 3). Repeat with opp ftwk.

Step-hop (L): Step L fwd (ct 1): hop on L(ct 2); hold (ct 3). Repeat with opp ftwk.

Hops: All hops are so slight as to be almost lifts.
\begin{tabular}{|c|c|}
\hline \multicolumn{2}{|l|}{NETER: 7/16 PATTERN} \\
\hline \multicolumn{2}{|l|}{\multirow[t]{2}{*}{Meas. VARIATION I: (BASIC)}} \\
\hline & \\
\hline \(1-2\)
\(3-4\) & Facing slightly \(R\) and moving in LOD do 2 hop-step-steps, L,R. \\
\hline 5 & Turning to face ctr, step-hop \(R\) in pla \\
\hline 6 & Turning to face slightly \(L\) and moving RLOD, do l hop-step-stp R. \\
\hline 7 & Turning to face slightly \(R\), but still moving RLOD, do 1 hop-step-step R bkwd. \\
\hline 8-10 & Turning to face ctr, do 3 step-hops, L,R,L in place. (M raise knee high on hop.) \\
\hline & VARIATION II: \\
\hline 1-7 & Repeat meas l-7 Var. I. \\
\hline 8 & Quick leap on \(L\) in place (ct ah); leap on \(R\) in place (ct 1); leap on \(L\) in place (cts 2-3); leap on \(R\) in place (ct ah). \\
\hline 910 & Repeat meas 8, twice more alternating ftwk. \\
\hline & YARIATION III: \\
\hline 1-10 & Repeat Var. \(I\), except squat-kick instead of step-hop during meas 5 and 8-10. \\
\hline & VARIATION IV: (TURN) \\
\hline 1-10 & Repeat Var. I, except release hands and turn CCW twice around while moving \(L\) during meas 6-7. \\
\hline \multicolumn{2}{|l|}{\multirow[t]{2}{*}{Presented by Atanas Kolarovski January 9-10, 1982}} \\
\hline & \\
\hline \multicolumn{2}{|l|}{Original notes by Rickey Holden and Dennis Boxell Revised by \(R\) \& \(S\) Committee} \\
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\end{tabular}

\section*{ŠTIPSKO ZAPLATENO \\ Macedonia}

This dance, from the town of Stip and surrounding villages, is danced at weddings, parties, picnics, "slavas." Its style may vary, depending on the terrain of the dancers' homeland.

PRONUNCIATION: Shteep-skoh Zah-pleh-teh-noh
RECORD: AK-004, Side B, Band 5
RHYRHM: \(\quad 7 / 8\) meter counted here as: \(\frac{1,2}{1} \quad \frac{3.4}{2} \quad \frac{5.6 .7}{3} \quad(Q, Q, S)\)
FORMATION: Lines with hands joined in "V" pos.
METER: \(7 / 8\) PATTERN
\begin{tabular}{|c|c|}
\hline Meas. & INTRODUCTION: May begin any time, but 8 meas is usual \\
\hline 1 & \begin{tabular}{l}
FIGURE: \\
Facing and moving in LOD, hop on \(L\) (ct l): step R,L fwd (cts 2,3).
\end{tabular} \\
\hline 2 & Repeat meas 1. \\
\hline 3 & Hop on \(L\) and kick \(R\) in front of \(L\) (ct 1 ); leap onto \(R\) to face ctr, L raised and crossed in front of \(R\) (ct 2-3). \\
\hline 4 & Step L,R,L in place \\
\hline 5 & Step R, swing L in front of R (ct l-2); hop on R ( \(\operatorname{ct} 3\) ). \\
\hline 6 & Repeat meas 5 with opp ftwk. \\
\hline 7 & Leap onto \(R\), raise \(L\) across \(R(c t s 1-2)\); leap onto \(L\), raise \(R\) across \(L\) (ct 3 ). \\
\hline 8 & Step R,L,R in place. \\
\hline 9-16 & Repeat meas 1-8 with opp ftwk and direction. \\
\hline 1-2 & \[
\begin{aligned}
& \text { VARIATION } \\
& \text { Facing and moving LOD, do } 6 \text { light running steps, beginning } R \\
& (Q, Q, S \text { Q,Q,S). }
\end{aligned}
\] \\
\hline & Repeat dance from beginning. \\
\hline
\end{tabular}

Presented by A.tanas Kolarovski
January 9-10, 1982
Dance notes from Stockton Folk Dance Camp 1980

PRONUNCIATION: Veh-less-koh Oh-roh
RECORD: \(i \mathbf{i K}-007\)
FORMATION: Lines with hands joined in "W" pos.
RHYPHM: \(\quad 9 / 8\) meter, counted here as: \(\frac{1,2}{1} \quad \frac{3,4}{2} \quad \frac{5,6}{3} \quad \frac{7,8,9}{4}\) (Q,Q,Q,S)
METER: 9/8 PATTERN
Meas.
F FIG. I:
Facing and moving LOD, lift on \(L\) (ct \(1-Q\) ); step fwd R,L,R (cts 2-4, Q,Q,S).

2 In LOD, step L,R,L,R (cts \(1-4, Q, Q, Q, S)\).

FIG. II:
1 Face ctr and in place, lift on \(R\) (ct l,Q); step \(L\) in place (ct 2-Q); hold (ct 3-Q); step R slightly fwd, step L back (ct 4-S).

2-3 Repeat meas 1 , alternating ftwk twice more.
REPEAT FIG. I-II until leader calls change.

FIG. III: (A.rms down in "V" pos)
1 Facing and moving LOD, lift on \(L\) (ct 1-Q); step R,L fwd (cts 2-3, QQ) : step R,L fwd (ct 4-S).

2 Repeat meas 1.
3 Small leap onto \(R\) fwd (ct l-Q); step \(1, R\) fwd (cts 2-3, QQ); step R,L fwd (ct 4-S).

4 Repeat meas 3 with opp ftwk.

FIG. IV: (Steps done in place)
1 Lift on \(L\), raise \(R\) leg fwd (ct \(1-Q\) ); step \(R\) in place (ct 2-Q); step L fwd, raise \(R\) behind L calf (ct 3-Q): lift on L, step \(R\) back (ct 4-S).

2-4 Repeat meas 1,3 more times ( 4 in all), alternating ftwk.

Presented by A.tanas Kolarovski
January 9-10, 1982
Dance notes typed by \(R \& S\) Committee

PRONUNCIATION: Chen-sko Chahm-cheh
RECORD: Worldtone, Side l, Band 2 (LP), AK-002
FORMATION: W in broken circle, facing ctr with hands joined at shldr nt.

RHYTHM: \(\quad 7 / 15\) counted here as: \(\frac{1,2,3}{1} \quad \frac{4,5}{2} \quad \frac{6,7}{3} \quad(3, Q, Q)\)
NETEF: \(7 / 16\) PAMTERI
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Meas.
FIG. I:
1 iold
3 Lift twice on R, L raised slightly in back of R (cts l-2):
4 step L in place (ct 3).
of L (cts 2-3).
5-6 Repeat meas 3-4 with opp ftwk and keeping R leg raised in
front of L on meas 5.
7-8 Repeat meas 3-4;
9 Lift on L (ct l); moving to R, lift on L and touch R heel to
floor (ct 2); roll onto full ft (ct 3).
10 Still moving R, step L (ct l); lift on I and touch R heel to
l1 floor (ct 2); r
12-21 Face ctr and repeat meas 2-11.
22-28 Face ctr and repeat meas 2-8, add a lift on L on last ct of
meas 28.
FIG. II:
l-2 Facing and moving R, step R,I,R, L,R,L (S,Q,Q, S,Q,Q)
Lift on L, raise R slightly (ct l); facing ctr, step R diag
fwd R (cts 2-3).
4-6 Repeat meas 2-4.
7 Lift on L (ct l); step R slightly sdwd to R, lift L across
R (cts 2-3).
8-16 Step L next to R (ct l); lift on L, raise R across L (ct 2-3).
9-16 Repeat meas 1-8.
FIG. III:
1-2 Repeat meas 1-2, Fig. II.
3 Moving to R, step R,L (cts 1-2); hold (ct 3).
4 Face ctr and step R to R (ct 1); step L behind R (ct 2); step
R to R (ct 3).
5 Bend R knee and lift I in front of R slightly off ground (ct
1); straighten R and bring L around in back of R (cts 3-4).
6 Repeat meas 5, with L held in back of R.
7 Step back on L (ct l): step R next to L (cts 2-3).
8 Step L across R (ct l); lift on L, raise R across L (cts 2-3).
9-32 Repeat meas l-8, 3 more times (4 in all).
33-35 Repeat meas l-3.
36 Facing ctr, step R to R (ct l); lift on R, raise L across R (ct2-3)
Presented by A.tanas Kolarovski, January 9-10, 1982
Dance notes from 1971 San Diego S.U.F.D. Conference

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