

Imate Li Vno (Macedonia)

Imate Li Vno (EE-mah-teh lee VEE-noh) is a popular song from the Strumica region of Eastern Macedonia and is usually sung in succession with other melodies in the same 7/8 meter. The dance, presented by Atanas Kolarovski at the 1982 University of the Pacific Folk Dance Camp, is lyrical, elegant and reflects total harmony between the dancers, musicians and singers.

RECORD: AK 209 Side A/4 7/8 meter.

RHYTHM: 7/8  counted as 1,2,3.

FORMATION: Open circle of dancers in "W" pos: Hands joined with adjacent dancers at shldr level, elbows bent; hands pushed fwd slightly. Face R of ctr, wt on L ft.

STEPS and STYLING: Čukče: Raise heel of supporting ft prior to lowering it on the beat.
Flex: Bend and straighten knee.

Soft knee flexion throughout; steps are smooth, flowing and controlled. When one action is described for cts 2,3, it should take both cts to complete, i.e., do not complete on ct 2 and hold ct 3 - make it smooth and continuous.

MUSIC 7/8

PATTERN

Measures

8 meas INTRODUCTION. No action. Beg with vocal.

I. IN LOD

- 1 Facing and moving in LOD, step fwd on R (ct 1); with a continuous, smooth action, raise L, knee bent, beside R leg, L ft at calf level, in preparation for following step (cts 2,3). Flex R knee smoothly during meas.
- 2 Continuing in LOD, step fwd L,R,L (cts 1,2,3).
3. Turn to face ctr and step R to R, bending knee and raising L, knee bent, in front of R (ct 1); flex R knee twice (cts 2,3).
- 4 Repeat meas 3 with opp ftwk.
- 5-8 Repeat meas 1-4.

II. SIDEWARD WITH PLIE'

- 1 Facing ctr, step R to R (ct 1); step on L behind R (ct 2); step R to R (ct 3). Steps are done in a smooth, even manner - head should remain level.
- 2 Bending knees deeply (plie'), place L ft on floor across in front of R, no wt (ct 1); beg to transfer wt onto L ft, still in plie' (ct 2); with Čukče, take wt on L, resume erect posture and raise R, knee bent, beside L (ct 3).
- 3-4 Repeat Fig I, meas 3-4 (step, raise).
- 5-16 Repeat meas 1-4, three times.

III. IN LOD AND RLOD

- 1 Facing and moving in LOD, step fwd R,L,R (cts 1,2,3).
- 2 Repeat meas 1 with opp ftwk.
- 3 Step fwd on R (ct 1); step fwd on L, consuming both cts (cts 2,3).
- 4 Turn to face ctr and step R to R (ct 1); raise L, knee bent, in front of R and face L of ctr (cts 2,3).
- 5 Facing and moving RLOD, step L,R,L (cts 1,2,3).
- 6 Repeat meas 5 with opp ftwk.
- 7 Turn to face ctr and step L slightly diag bkwd L (ct 1); turn to face R of ctr and step R to R (out of circle) (cts 2,3).
- 8 Step fwd in LOD on L (ct 1); raise R, knee bent, beside L in a continuous smooth action (cts 2,3).
Repeat dance from beginning.