

RTS ~~Law~~

# THE LAGUNA FOLK DANCERS



welcome you!

# SYLLABUS

1992

price \$2.00

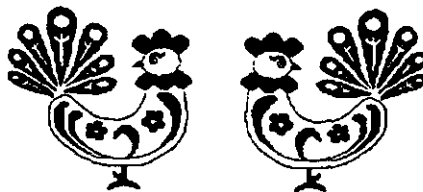
# LAGUNA FOLKDANCERS FESTIVAL 1992 SYLLABUS

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NOTE: The teachers will decide at the festival workshops which of these dances will be taught.

# ALUNELUL CA LA CÎRNA

(Romania)

**SOURCE:** Alunelul ca la Cîrna is a dance from Bîrca, Dolj in southern Oltenia. The dance was learned by Alexandru David from Costea Constantin of the Research House of Bucharest. It is an alunelul dance type.

**MUSIC:** Gypsy Camp Vol. V, side 1/3.

**FORMATION:** Line or semi-circle, mixed dance.

**HANDHOLD:** ~~Front or back basket hold.~~ *H' V' p' r' d' d' a' n' n'*

**METER:** 2/4 *Intro:* **PATTERN**

Meas	
1-2	<i>low lift on L (ah)</i> In LOD walk R,L (cts 1,2). <i>low lift on L (ah)</i> step R,L,R turning to face RLOD (cts 1,2).
3-4	Reverse meas 1-2. <i>to swing back ct 1!</i> <i>ok: ct 2)</i>
5-6	Repeat meas 1-2.
7	<i>twist both</i> <i>w/ both knees bent</i> Circle bent <i>twist both</i> L knee fwd - L side step L to L plie (ct 1), <i>R still on floor</i> circle bent <i>twist both</i> R knee fwd - R side step R to R plie (ct 2). <i>L still on floor</i>
8-9	<i>Fall on L</i> Step <i>swing across R leg fwd + across R</i> L (ct 1), <i>ok in pl</i> hop on L (ct &), <i>in pl</i> cross R in front (ct 2), <i>stamp, stlly ↑</i> step L (ct &), <i>stamp, stlly ↑</i> step R (ct 1), <i>w/ flair</i> cross L in front (ct &), <i>in pl</i> step R (ct 2), <i>in pl</i> step L (ct &).
10	<i>Moving</i> Into center, <i>stamp, stlly ↑</i> step R (ct 1), <i>stamp, stlly ↑</i> scuff L (ct &), <i>stamp, stlly ↑</i> step L (ct 2), <i>stamp, stlly ↑</i> scuff R (ct &).
11	<i>Turning to face of ctr</i> Step R (ct 1), <i>stamp in pl</i> scuff L (ct &), <i>w/ flair</i> face RLOD <i>in pl</i> step L to L out of center (ct 2), <i>w/ flair</i> close R to L (ct &).
12	Step L to L (ct 1), <i>w/ flair</i> close R to L (ct &), <i>in pl</i> face center step L (ct 2)

Presented by Mihai David at the Laguna Folkdancers Festival 1992

Dance notes by Maria Reisch

# CRAITELE

(Romania)

Craitele (kruh-EET-seh-lay) is popular in the villages of Poiana and Polovraci from the region of Oltenia. The dance name means "beautiful lady" and was originally danced by women only. The dance belongs to the family of dances called "Rustemul". Mihai David presented the dance at the 1982 University of the Pacific Folk Dance Camp. He learned it from his brother, Alexandru, who learned it from Ion Petcu, former soloist with the Romanian Rhapsody Ensemble and now chairman of folk dance teaching at the Popular School of Arts in Bucharest.

MUSIC: Gypsy Camp Vol V (33), Side B/3 (Slow it a bit).

FORMATION: Short lines in "T" pos: hands on nearest shldr of neighbors, arms extended. Face ctr, wt on L ft.

STYLE: Smooth, precise, light and free flowing. Stand erect but relaxed with wt on balls of ft and heels close to floor.

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METER: 2/4

PATTERN

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Meas

NO INTRODUCTION

I. TRAVEL SIDEWARD RIGHT AND LEFT

- 1 Facing ctr, step on R to R side (ct 1); step on L behind R, extending straight R leg on a R diag (ct &); step on R to R side (ct 2); step on L behind R, extending straight R leg on a R diag (ct &).
- 2 Repeat cts 1,&,2 of meas 1 (cts 1,&,2); brush L ft diag fwd L, striking L heel on floor in passing (ct &).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.

II. CROSSING STEPS

- 1 Step on R across in front of L (ct 1); step on L in place (ct &); step on R diag bkwd R (ct 2); step on L in place (ct &).
- 2 Step on R across in front of L (ct 1); step on L in place (ct &); step on R beside L (ct 2); hop on R (ct &).
- 3-4 Repeat meas 1-2 with opp ftwk.
- 5 Step on R across in front of L (ct 1); step on L in place (ct &); step on R beside L (ct 2); hop on R (ct &).
- 6 Repeat meas 5 with opp ftwk.
- 7 Repeat meas 5.
- 8 Step on L across in front of R (ct 1); step on R in place (ct &); step on L beside R (ct 2); brush R ft diag fwd R, striking R heel on floor in passing.

Repeat dance from the beginning.

*Presented by Mihai David at the Laguna Festival Festival 1992  
Dance notes by Omega Andreola - Description written 1982*

# FETELE DIN CRIHALMA

(Romania)

Fetele din Crihalma (FEH-teh-lay deen cree-HAHL-mah) comes from the south of Ardeal, Crihalma village, Brasov zone. Originally a couple dance, it is now a girl's dance. Alexandru David learned the dance from Ion Petcu, who was formerly a soloist with the Romanian Rhapsody Ensemble and is now chairman of folk dance teaching at the Popular School of Arts in Bucharest. *W mimicking M*

MUSIC: Gypsy Camp Vol. IV, Side B/3 "Crihalma".

FORMATION: Circle, or line, of W (M may also dance) facing LOD. Arms are free. During Fig I and III, arms are low and swing across body. During Fig II, IV, V, VI, arms are held out to sides and move freely.

STEPS: Click-close: Close free ft with a click to ft with wt. No change of wt. Jump-click: Jump up in air and click ft together.

METER: 2/4

PATTERN

Meas

4 meas INTRODUCTION. No action.

## I. TRAVEL IN LOD: ARMS DOWN, SWING ACROSS BODY

- 1 Step fwd on L (ct 1); click-close R to L twisting slightly L on L (ct 2); small step fwd on R (ct &).  
 2-3 Repeat meas 1 twice.  
 4 Click-close L to R twisting to R on R (ct 1); step L (ct &); click-close R to L twisting to L on L (ct 2); step R (ct &).  
 5-16 Repeat meas 1-4 three times, but replace final step R with *Drop on L* jump on both ft facing ctr (ct 2&).

## II. GRAPEVINE, HEEL TOUCHES AND JUMPS: ARMS MOVE FREELY

- 1 Step R behind L (ct 1); step L to L side (ct &); step R across in front of L (ct 2); *Drop* step L to L side (ct &). *w/ accent*  
 2 Hop L throughout meas. Touch R heel out to R side, knee turned out (ct 1); touch R toe in same place, knee turned in (ct &); touch R heel again (ct 2); *Drop* step R beside L (ct &). *w/ accent*  
 3-4 Repeat meas 1-2 with opp ftwk and direction.  
 5 Step R behind L (ct 1); jump with ft apart (ct &); jump with ft together (ct 2); step R to R (ct &).  
 6 Step L behind R (ct 1); jump with ft apart (ct &); jump with ft together (ct 2); jump with ft apart (ct &).  
 7 *R&P* Jump-click (ct 1); land with ft apart (ct &); jump-click (ct 2); land on L (ct &). *fast, ft tog*  
 8 *jump on both ft* Stamp R ft fwd, no wt (ct 1); ~~step R~~ in place (cts 2, &). *jump on both ft 2x*  
 9-16 Repeat meas 1-8 but instead of stepping R, L on meas 16, cts 2, &, transfer wt fwd onto R ft.

## III. INTO CENTER: ARMS DOWN, SWING ACROSS BODY

- 1 Moving twd ctr, leap onto L, R leg bent behind L, knee out to R (ct 1); twist body to L, pivoting on ball of L ft (ct 2); twist body to ctr and extend R ft fwd, knee straight (ct &).  
 2 Repeat meas 1 with opp ftwk.  
 3-6 Repeat meas 1-2 twice, but omit last extension and instead jump with ft together on last ct &.  
 7 Hold (ct 1); step bkwd R, L, R (cts &, 2, &). *jump on both ft, on pd, 2x*  
 8 Jump with ft apart (ct 1); jump-click (ct &); ~~land with ft together (ct 2)~~; ~~fall on R (ct &)~~.  
 9-16 Repeat meas 1-8.

IV. BRUSH STEPS: ARMS MOVE FREELY

- 1 *Drop* Step on L, turning to face L of ctr (ct 1); with R ft extended fwd, brush bkwd lightly(ct &); step R to R(ct 2); step on L behind R(ct &).
- 2 Repeat meas 1 with opp ftwk and direction, facing R of ctr on ct 1.
- 3-6 Repeat meas 1-2 twice, but instead of stepping R behind L (meas 6, ct &), stamp R *beside-L* (no wt).
- 7-8 Repeat Fig III, meas 7-8. *RLR &*
- 9-16 Repeat meas 1-8, but instead of falling on R (meas 16, ct &), jump with ft apart facing R of ctr. *jump on both ft tog, twice (meas 16, ct 2 &)*

*It is w/ accent + dup plie*

V. JUMPS: ARMS MOVE FREELY

- 1 *more touch ctr, not too* Jump-click, turning to L of ctr (ct 1); land on L, bringing R around in front (ct &); step on R heel in front of L (ct 2); *jump with ft apart close to R+*
- 2 Repeat meas 1 with opp ftwk and direct. but land with ft together(ct2&). *jump with ft apart*
- 3-4 In S Q S Q S rhythm, jump to face L of ctr, then a little to R on each succeeding jump. On the last jump, land with ft apart facing R of ctr, *w/ accent + dup plie*
- 5-16 Repeat meas 1-4 three times, but instead of last jump, land on L facing ctr.

VI. GRAPEVINE: ARMS MOVE FREELY

- 1 Travelling sdwd L, step on R heel in front of L (ct 1); *drop* step L to L (ct &); step R behind *as ball drop* L (ct 2); step L to L (ct &).
- 2-3 Repeat meas 1 twice.
- 4 Hop slightly on L and touch R heel in front of L (ct 1); jump with ft apart (ct &); jump with ft together (ct 2); fall on R (ct &).
- 5-8 Repeat meas 1-4 with opp ftwk and direction.
- 9-16 Repeat meas 1-8.

*End w/ H in air, arms extended.*

~~After the break in music, dance repeats from Fig I with no introductory music.~~

# FLORICICA DE LA NUCI

(Muntenia, Romania)

SOURCE: This dance was learned by Alexandru David in 1987 from Ion Petcu, dance instructor at the Popular School of Arts in Bucharest.

PRONUNCIATION: floh-ree-CHEE-kah deh lah nu-che.

TRANSLATION: "Florica" translates "little flower", "nuci" translates "walnut." In actuality "floricica" is a style of dance and "Nuci" is the name of a village.

MUSIC: Village Dances of Romania, Vol 1, side 1/2.

FORMATION: Mixed circle-line with hands joined at shldr ht ("W" pos), face ctr.

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METER: 2/4

PATTERN

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Meas

INTRODUCTION: 4 cts.

DANCE:

1 Step R in front of L (ct 1); step L in place (ct &); step R beside L (ct 2); step L in place (ct &).

2 Repeat meas 1.

3 Stamp R beside L, with wt (ct 1); hop on L in place (ct &); moving in LOD and facing diag R - step R to R (ct 2); hop on R (ct &).

4 Facing ctr and moving sdwd R - step R to R (ct 1); step L behind R (ct 2); step R to R (ct 2); hop on R in place (ct &).

5-8 Repeat meas 3-4, 2 more times (3 in all).

7-8 Turning to face diag R and moving bkwd in RLOD - beg L do 7 fast steps bkwd (cts 1,&,2, etc), hop on L on last "&" ct.

Repeat dance from beg, except on last "&" ct at end of dance, face ctr and stamp R slightly fwd.

*Presented by Mihai David at the Laguna Folkdancers Festival 1992*

*Dance notes by Dorothy Daw - 11/89*

# GĂSELNIȚA

(Romania)

SOURCE: Găselnița is a line dance from Muntenia, Romania. It was taught to Mihai David by his brother Alexandru who had learned it from the Ensemble Perinița.

MUSIC: LP Gypsy Camp Vol I, Side 2, Band 1.

FORMATION: Line or circle.

Style: Arms in W position, arms moving up and down from the elbows.

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METER: 2/4

PATTERN

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Meas

PART I

- 1 Facing slightly R, step R to R (ct 1) close L to R bending L knee (ct &) step R to R (ct 2) close L to R bending L knee (ct &).
- 2-3 Repeat meas 1.
- 4 Step R to R (ct 1) stamp L closing R, no wt, face ctr (ct &) fall stamping onto L fwd into ctr of circle bent knee, swing arms down (ct 2) step R back, swing arms up again to W hold (ct &).
- 5-8 Reverse meas 1-4, traveling RLOD.

PART II

- 1 Repeat meas 1 Part I, facing slightly LOD.
- 2 Fall stamping fwd onto R, bent knee into ctr of circle, swinging arms down (ct 1) step L back (ct &), swinging arms back up to W hold, step R,L,R in place (ct 2,&).
- 3-4 Reverse meas 1-2 Part II.
- 5-8 Repeat meas 1-4 Part II.

PART III-STAMPS FACE CTR

- 1 Bringing arms straight up above head step R (ct 1) stamp L (ct &) R heel lift (ct 2) stamp L (ct &).
- 2 Step L to L (ct 1) stamp R closing to L (ct &) step L (ct 2), stamp R (ct &).
- 3 L heel lift (ct 1) stamp R (ct &) step R to R (ct 2) step L (ct &).
- 4 Step R to R (ct 1) brush stamp L fwd, no wt (ct &) fall onto L fwd (ct 2).
- 5 Brush stamp R fwd, no wt (ct 1) fall onto R swinging arms straight down (ct 2).
- 6 Step L back bringing arms straight above head (ct 1) stamp R (ct &) L heel lift (ct 2) stamp R, no wt (ct &).
- 7 Step R back (ct 1) stamp L (ct &) R heel lift (ct 2) stamp L, no wt (ct &).
- 8 Step L back (ct 1) stamp R (ct &) step L (ct 2).
- 9-16 Repeat meas 1-8 Part III. *Presented by Mihai David at the Laguna Folkdancers Festival 1992*

*Presented by Mihai David at the Laguna Folkdancers Festival 1992*  
*Dance notes by Maria Reisch*



# HORA IN DOUA PARTI

(Romania)

SOURCE: Hora in Doua Parti comes from south Muntenia. the zone Teleorman. It is of the Hora category. Alexandru learned this dance from Costes Constant of the Research House of Bucharest.

MUSIC: Gypsy Camp Vol IV, side 1/6.

FORMATION: Closed circle. bouncy.

HANDHOLD: W hold.

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METER: 2/4

PATTERN

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Meas

## FIGURE 1 W HOLD

- 1 Travel LOD walk R swing arms down (ct 1), step L swing arms up (ct 2).
- 2 Step R, close L to R, step R (cts 1,&,2).
- 3 Travel sdwds L step L to L (ct 1), close R to L (ct &), step L to L (ct 2), close R to L (ct &).
- 4 Step L to L (ct 1), close R to L (ct &), step L in place (ct 2).
- 5-16 Repeat meas 1-4.

## FIGURE 2 TRAVEL SIDEWARDS

- 1 Stamp step R into center arms swing down (ct 1), step L to L arms swing up (ct 2), close R to L (ct &).
- 2 Step L to L (ct 1), stamp R no wt (ct 2).
- 3-8 Repeat meas 1-2 fig 2.

## FIGURE 3 "PIE SLICE" FORMATION W/ CALLS

- 1 Face center step R into center arms swing down (ct 1), step L into center arms swing up (ct 2).
- 2 Face slightly R step R diag out of center (ct 1), Close L to R (ct &), step R diag out (ct 2).
- 3-4 Face center reverse meas 1-2 fig 3.
- 5-8 Repeat meas 1-4 fig 3.

## CALLS

- 1-2 i-auzi una.
- 3-4 i-auzi doua.
- 5-6 i-auzi trei si zii si zii.
- 7-8 iu iu iu iu iu iu iuuuuuuuuuu.

Repeat dance

**MOMIRUL**  
(Banat, Romania)

SOURCE: This dance was learned by Alexandru David in 1987 from Titu Panduru, instructor at Băile Herculane Folk Dance Group.

TRANSLATION: It is the name of a well known dance.

PRONUNCIATION: moh-mee-RRUL.

MUSIC: Village Dances of Romania, Vol. I, side 2/8.

RHYTHM: 2/4 meter, counted 1&,2,&(S,Q,Q).

FORMATION: Mixed line in shldr hold ("T") pos.

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METER: 2/4

PATTERN

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Meas

INTRODUCTION: none.

PART I:

- 1 Dancing in place - step R in place (ct 1); step L across R (ct 2); step R back in place (ct &).
- 2-6 Repeat meas 1, alternating ftwk (6 in all).
- 7 Facing diag R and moving sdwd R - step R to R (ct 1); hop on R (ct 2); step L across R (ct &).
- 8-10 Repeat meas 7, 3 more times (4 in all), except on last "&" ct stamp L slightly fwd.
- 11-14 Repeat meas 7-10, beg L ft to L.

Repeat dance.

**RAȚA**  
(Moldavia, Romania)

**SOURCE:** This dance was learned by Alexandru David in 1987 from Ion Petcu, dance instructor at the Popular School of Arts in Bucharest.

**PRONUNCIATION:** RAH-tsah.

**TRANSLATION:** The duck. Rața is a type/style of dance.

**MUSIC:** Village Dances of Romania, Vol I, side 2/5.

**FORMATION:** Mixed line, joined in shldr hold ("T" pos), face ctr.

**STEPS:** Kicks: All swings can have double kicks in them.

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**METER:** 2/4

**PATTERN**

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**Meas**

INTRODUCTION: 8 cts

PART I:

- 1 Step R slightly R (ct 1); swing L across R, hop on R (ct &); step L slightly L (ct 2); swing R across L, hop on L (ct &).
- 2 Step R slightly R (ct 1); step L behind R (ct &); step R slightly R (ct 2); swing L across R, hop on R (ct 2).
- 3 Step L slightly L (ct 1); swing R across L, hop on L (ct &); step R slightly R (ct 2); step L behind R (ct &).
- 4 Step R slightly R (ct 1); swing L across R, hop on R (ct &); step L slightly L (ct 2); swing R across L, hop on L (ct &).
- 5 Step R slightly R (ct 1); step L behind R (ct &); step R slightly R (ct 2); hop on R (ct &).
- 6 Step L across R (ct 1); hop on L (ct &); step R to R (ct 2); step L behind R (ct &).
- 7 Step R to R (ct 1); hop on R (ct &); step L across R (ct 2); hop on L (ct &).
- 8 Step R to R (ct 1); step L behind R (ct &); step R to R (ct 2).
- 9-14 Hop on R in place (ct &); scuff L heel across R (ct ah); step L across R (ct 1); hop on L (ct &); scuff R heel fwd (ct ah); step R to R (ct 2); step L behind R (ct &); step R to R (ct ah).

**NOTE:** The above step crosses over the measure. It is done a total of 5 times, this will leave you at the end of meas 13 + ct 1 of meas 14. Then do the following to complete meas 14: Hop on R (ct &); scuff L across R (ct ah); step L across R (ct 2); kick R diag R fwd (ct &).

PART II:

- 1 Facing ctr - step R in place (ct 1); swing L across R (ct &); step L in place (ct 2); swing R across (ct &).
- 2 Moving sdwd to R, step R to R (ct 1); step L behind R (ct &); step R to R (ct 2).
- 3-6 Repeat meas 1-2, alternating ftwk and direction, 2 more times (3 in all).
- 7 Stamp L, in place, 3 times in place (cts 1,&,2).
- 8 Step L to L (ct 1); leap R behind L (ct &); leap L to L (ct 2).
- 9 Stamp R 3 times (cts 1,&,2).
- 10 Stamp R in place (ct 1); step R to R (ct &); close L to R (ct 2); step L to L (ct &).
- 11 Stamp R in place (ct 1); stamp R to R (ct &); stamp R in place (ct 2); stamp R to R (ct &).
- 12 Stamp R in place (ct 1); leap R to R (ct &); stamp L beside R (ct 2); leap L to L (ct &).
- 13-14 Repeat meas 11-12, 1 more time (2 in all).
- 15 Stamp R beside L (ct 1); stamp R to R (ct &); stamp R beside L (ct 2).
- 16 Brush R toe fwd (ct 1); brush R toe bkwd (ct 2).
- 17 Stamp R, 3 times (cts 1,&,2).
- 18 Step on R in place (ct 1); swings L across R, hop on R (ct &); repeat step-swing with opp ftwk - to L (ct 2-&).
- 19 Step R to R (ct 1); close L to R (ct ah); step R to R (ct &); close L to R (ct ah); step R to R as L swings across R (ct 2).  
Note: Small sharp ftwk.
- 20 Step L in place (ct 1); swing R across L, hop on L (ct &); repeat step-swing with opp ftwk - to R (ct 2-&).
- 21 Repeat meas 19 with opp ftwk to L, except end by stamping R in place on ct 2 "&", do not swing ft. (L to L, close R, L to L, close R, L to L, stamp R in pl)
- 22 Step R to R (ct 1); close L to R (ct &); step R to R (ct 2); stamp L beside R (ct &).
- 23 Step L slightly L (ct 1); stamp R beside L (ct &); step R to R (ct 2); stamp L in place.
- 24 Step L to L (ct 1); stamp R slightly fwd (ct 2).

PART III:

- 1 Step R bkwd (ct 1); close L to R (ct &); step R fwd (ct &); step L slightly fwd of R (ct &).
  - 2 Stamp R slightly fwd (ct 1); lift L ft (ct 2); stamp L slightly fwd (ct &).
  - 3-8 Repeat meas 1-2, 3 more times (4 in all).
  - 9 Step R bkwd (ct 1); close L to R (ct &); step R fwd (ct 2); step L slightly fwd (ct &).
  - 10 Stamp R slightly fwd 2 times (cts 1,&); lift R ft (ct 2); stamp R slightly fwd, no wt (ct &).
  - 11 Step R to R (ct 1); stamp L slightly fwd (ct &); step L to L (ct 2); stamp R to R (ct &).
  - 12 Stamp slightly fwd 2 times (cts 1-2).
  - 13-24 Repeat meas 9-12, 3 more times (4 in all).
- On last time through dance, replace the 2 stamps with 1 stamp and hold.

**ROGOJINA**  
(Muntenia, Romania)

**SOURCE:** This dance was learned by Alexandru David in 1987 from Ion Petcu, dance instructor at the Popular School of Arts in Bucharest.

**PRONUNCIATION:** row-goh-ZHEE-nah.

**TRANSLATION:** Woven (reed style) floor covering.

**MUSIC:** Village Dances of Romania, Vol I, side 1/4.

**FORMATION:** Mixed circle in shldr ("T" pos).

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**METER:** 2/4

**PATTERN**

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Meas

INTRODUCTION: 8 cts

PART I:

- 1 4 step grapevine to R: Step R to R (ct 1); step L behind R (ct &); step R to R (ct 2); step L behind R (ct &).
- 2 Step R to R (ct 1); stamp L, 2 times, in place (cts &,2).
- 3-8 Repeat meas 1-2 alternating ftwk and direction, 3 more times (4 in all).

PART II:

- 1 Step slightly R to R (ct 1); stamp L, 2 times (cts &,2).
- 2 Repeat meas 1 with opp ftwk to L.
- 3 Step R slightly to R (ct 1); stamp L beside R (ct &); step L slightly L (ct 2); stamp R (ct &).
- 4 Step R slightly to R (ct 1); stamp L, 2 times, beside R (cts &,2).
- 5-8 Repeat meas 1-4, with opp ftwk to L.

Repeat dance.

# SIRBA ÎN GRĂDINĂ

(Muntenia, Romania)

SOURCE: This dance was learned by Alexandru David from Ion Petcu, dance instructor for the Popular School of Arts in Bucharest.

TRANSLATION: "Sirba" is a style of dance. "In Gradina" translates "in the garden".

PRONUNCIATION: SEER-bah een greh-DEE-nah.

MUSIC: Village Dances of Romania, Vol. I, side 2/9.

FORMATION: Mixed lines joined in shldr hold. Face ctr.

---

METER: 2/4

PATTERN

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Meas

INTRODUCTION: None.

PART I:

- 1 Moving sdwd R - step R to R (ct 1); step L behind R (ct &); step R to R, L behind, again (cts 2-&).
- 2-4 Repeat meas 1, 3 more times, except do a total of 7 step-behinds + step R to R (ct 2); stamp L in place (ct &).
- 5-8 Repeat meas 1-4 to L with opp ftwk.

PART II:

- 1 Moving sdwd R - kick R diag R fwd (ct &); step R to R (ct 1); step L behind R (ct &); step R to R (ct 2).
- 2 Repeat meas 1 to L with opp ftwk.
- 3 Kick R diag R fwd (ct &); step R to R (ct 1); step L behind R (ct &); step R to R (ct 2); step L behind R (ct &).
- 4 Step R to R (ct 1); stamp L in place (ct 2).
- 5-8 Repeat meas 1-4 to L with opp ftwk.

**TOCUL**  
(Bukovina, Romania)

**SOURCE:** This dance was learned by Alexandru David in 1987 from Ion Petcu, dance instructor from the Popular School of Arts in Bucharest.

**PRONUNCIATION:** TOH-quol.

**TRANSLATION:** Heel.

**MUSIC:** Village Dances of Romania, Vol I, side 1/3.

**FORMATION:** Mixed circle, or cpl dance. When doing as a mixed circle use a back basket hold, or when doing as a cpl use shldr-waist pos.

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**METER:** 2/4

**PATTERN**

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**Meas**

INTRODUCTION: 4 cts.

PART I:

1 Moving to R - step R to R (ct 1); step L across R (ct 2).

2 Step R to R (ct 1); close L to R (ct 2).

3-4 Repeat meas 1-2 with opp ftwk in RLOD.

5 Moving to R - step R to R (ct 1); step L across R (ct 2).

6-7 Beg R, do 2 hop-step-steps to R. Hop-step-step: Hop on R (ct 1); step L-R in LOD (cts &-2).

8 Face ctr - jump twd R, landing on both ft (ct 1); hold (ct 2).

9-16 Repeat meas 1-8 with opp ftwk in RLOD.

PART II:

1 Walk R-L in LOD.

2-7 Do 6, hop-step-steps, beg R to R.

8 Face ctr - jump twd R, landing on both ft.

9-12 Repeat meas 1-8 with opp ftwk twd L.

Repeat dance from beg to end of music.

*Presented by Mihai David at the Laguna Folkdancers Festival 1992  
Dance notes by Dorothy Daw - 11/89*



**AJD' NOGA ZA NOGAMA**  
(Croatia)

SOURCE: Nena Sokcic.

MUSIC: AMAM LP 106, side 2/2.

FORMATION: Mixed circle, *round pos* L arm through bent R arm of person to L, R arm on waist or in sash.

NOTE: This old dance has several variants. This common version comes from the villages around Slavonski Brod. The song is an integral part of the dance.

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METER: 2/4

PATTERN

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Meas

- Fac to*
- 1 Moving L step on L (ct 1) Step on R next to L (ct 2).
  - 2 Repeat meas 1.
  - 3 Repeat (ct 1) of meas 1. Bring R next to L, taking no weight, (ct 2).
  - 4 Step back to R on R (ct 1). Close L to R, taking no weight, (ct 2).

VARIANT

- 1-3 Same as basic.
- 4 Three stamps in place, R-L-R, (cts 1&2) Hold (ct &).

AJD' IDEMO ZA NOGAMA - WORDS

AJ AJDE NOGA SVE ZA NOGOOM, AJ SUTRA CEMO  
SVI ZA POSLOM, SVI ZA POSLOM, SVI ZA POSLOM.

AJ AJDE NOGA ZA NOGAMA, AJ SUTRA CEMO  
ZA SVINJAMA, ZA SVINJAMA, ZA SVINJAMA.

AJ SVINJE CEMO ZIROVATI, AJ ME CEMO SE  
MILOVATI, MILOVATI, MILOVATI.

AJ SVINJE CE NAM MIRNE BITI, AJ MI CEMO SE  
POLJUBITI, POLJUBITI, POLJUBITI.

*Presented by Billy Burke at the Laguna Folkdancers Festival 1992*

**BITOLJKA**  
(Serbian Ballroom Dance)

SOURCE: Institute on Yugoslav dance, Badija, 1972.

MUSIC: AMAN LP 104, side 1/1.

FORMATION: Line of couples, lady on man's L. Hands held in "W" position.

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METER: 4/4

PATTERN

---

Meas

PATTERN 1 - PACING

- 1 Step R on R (ct 1). Lift on R (ct 2). Step L over R (ct 3). Lift on L (ct 4).
- 2 Step R to R (ct 1). Step tog. L (ct 2). Step R to R (ct 3). Lift on R (ct 4)
- 3-4 Repeat meas 1-2 opp ftwk opp dir.
- 5 Releasing R hand, man turns to partner. Both step R with R (ct 1). Step L slightly across R (ct 2). Step R to R (ct 3). Close and touch L to R (ct 4). Partners slowly join free hand during this step.
- 6 Repeat meas 5, opp ftwk, opp dir.
- 7-12 Repeat meas 5-6, opening up back into line on meas 12.

PATTERN 2 - PACING WITH LONG WALK

- 1-8 Repeat meas 1-8 of pattern 1.
- 9-10 Seven walks to R to finish with a lift on (ct 4) of meas 10.
- 11-12 Seven walks back L to finish with lift and opening up on (ct 4) of meas 12.

PATTERN 3 - LONG WALK

- 1-4 Repeat meas 1-4 of pattern 1.
- 5 Hands still held with partner but lowered and straightened, hop on L (ct 1). Step R to R (ct &). Step L slightly crossing in front of R (ct 2). Step R to R (ct 3). Hop on R (ct 4).
- 6 Repeat meas 5, opp ftwk, opp dir.
- 7-12 Repeat meas 5-6 opening up on last count to start dance again.

Steps may be done in any order.

*Presented by Billy Burke at the Laguna Folkdancers Festival 1992*

# DRMES FROM VELIKA GORICA

(Turopolje) Croatia

*see video for  
sequence*

SOURCE: Nena Sokcic and films of villagers.

MUSIC: AMAN LP 106, side 2/5.

FORMATION: Circle of couples, lady on man's right, joined hands up and slightly fwd with fairly straight elbows.

METER: 2/4

PATTERN

Meas

INTRODUCTION: *4 cts*

## PATTERN 1 - GREETINGS

- (Push some for both, if opp movement  
L ball on floor)*
- 1 Step in place on R (ct 1). Hold, or at most a gentle bounce on R (ct 2).
- 2 Step in place on L (ct 1). Hold, or gentle bounce on L (ct 2).
- 3-12 Repeat meas 1 - 2.

Note: During this pattern the men <sup>slightly</sup> push R hand (woman's L hand) fwd, into circle, on meas 1, and L hand in on meas 2. That is, when the man steps on R his R hand goes in. The ladies' hand movements oppose the foot on which they step. *Look at person you are turning + incl  
(pl. incl)*

## PATTERN 2 - DRMES MOVING RIGHT

- 1 Step to R with R (ct 1). Bounce twice on both heels (cts 2,&). *small movements*
- 2 Step on L, <sup>back R</sup> in place (ct 1). Bounce twice on both heels (cts 2,&).
- 3-12 Repeat meas 1 - 2.

Note: This step is the most prevalent drmes in this area. However, dancers may mix this step with other drmes patterns, especially a "step - hop - step" drmes on either foot.

Repeat patterns 1 & 2 twice more

## PATTERN 3 - COUPLES MOVING FREELY AROUND THE CIRCLE

- 1-96 Same footwork as found in pattern 2. Partners change to a shoulder-waist position and move in a general CCW direction around the circle. Couples may rotate around own axis, either CW or CW as the revolve CCW around the circle.

## PATTERN 4 - DRMES IN CIRCLE MOVING LEFT

- 1-16 Same footwork as found in pattern 2, couples return to circle in a "Back-basket" hold. Men's hands are held low, women's hands are joined behind men's necks. Circle now moves slowly to left, CW.

## PATTERN 5 - RUNNING "BUZZ" STEP

- 1 Facing slightly L, step <sup>back</sup> across on R (ct 1). Leap lightly onto ball of f. (ct 2). *back bent*
- 2-16 Repeat meas 1, circle moves left, CW. *L*

Repeat patterns 4 & 5 to end of music

Presented by Billy Burke at the Laguna Folkdancers Festival 1992

# KALAJDISKO

(Titov Veles)

SOURCE: Stanimir Visinski, Institute on Badija, 1973.

MUSIC: AMAN LP 105, side 2/1.

RHYTHM: Counted 1,2,3,4,5.

FORMATION: Line of men in shoulder hold.

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METER: 11/16

PATTERN

---

Meas

## PATTERN 1

- 1 Point L toe across in front of R (cts 1-2). Point L toe fwd and slightly L (ct 3). Point L toe across in front of R (cts 4-5).
- 2 Close L beside R pivoting on balls of feet moving heels R (ct 1). Pivot on balls of both feet moving both heels L (ct 2). Pivot again with both heels moving R (ct 3). Pivot with heels moving L (cts 4-5).
- 3 Facing slightly and moving R, a slight lift on L bending R knee to cross R in front of L leg (ct 1). Step to R on R (ct 2). A slight lift on R (ct 4). Moving R step on L (ct 5).
- 4 Rock bkwd on R (ct 1). Rock fwd on L (ct 2). A slight lift on L, bending R knee to cross R in front of L leg (ct 3). Turning to face center, step side R with R (cts 4-5).

## TRANSITION - Done only once

- 1-2 Repeat meas 1-2 of pattern 1.
- 3 Dropping arms, all face LOD and repeat meas 3 of pattern 1. Arms move naturally, roughly opposing movement of legs.
- 4 Rock bkwd on R (ct 1). Rock fwd on L (ct 2). Hop on L with R raised, flexed at knee (ct 3). Hop strongly on L, straightening R knee (ct 4). Land on R, moving continuously into squat in ct 1 of pattern 2. Arms continue to move naturally, roughly opposing movement of legs (cts 1,2,3). Both arms swing straight back (ct 4). Both arms swing fwd and up (ct 5).

## PATTERN 2

- 1 Deep squat with both feet together, knees slightly apart (cts 1-2). Jump up onto both feet about shoulder width apart (ct 3). Jump onto both together (cts 4-5). Both arms fall naturally down (cts 1-2). Arms out to side (ct 3). Arms return to a natural central position (cts 4-5).
- 2 Same as meas 2 of step 2, but arms move free and lightly in opposition to legs.
- 3-4 Repeat meas 3-4 of transition step

This pattern repeats to end of music.

*Presented by Billy Burke at the Laguna Folkdancers Festival 1992*

**KUCANO**  
(PELAGONIA)

SOURCE: Pece Atanasovski, Institute at Otesevo.

Music: AMAN LP 103, side 2/2.

RHYTHM: 12/8, counted 1,2,3,4,5.

FORMATION: Mixed line, arms held in "W" position.

---

METER: 12/8

PATTERN

---

Meas

INTRODUCTION:

1 Wait for cts 1,2,3. Step to center on R (ct 4). Step back on L (ct 5).

PATTERN 1 - SLOWER MUSIC:

- 1 Lift on L (ct 1). Step side R, leave L down (ct 2). Shift weight to R (ct 3). Cross L in front (ct 4). Step back on R (ct 5).
- 2 Repeat meas 1, opp ftwk, opp dir.
- 3 Hop on L (ct 1). Leap R to R (ct &). Step L in front (ct 2). Step side R (ct 3). Small leap crossing L in front of R (ct 4). Step side with R (ct 5).
- 4 Hop on R (ct 1). Leap to R on L crossing in front (ct &). Step R (ct 2). Step L across (ct 3). Step R directly front, facing center (ct 4). Step back on L (ct 5).

Repeat through slower music. When music speeds up, cued by long "wailing" note by solo instrument, hands drop from "W" position and are held down.

PATTERN 2 - FASTER MUSIC:

- 1 Hop on L (ct 1). Step R in place (ct &). Step in place (ct 2). Step R in place (ct 3). Cross L over R (ct 4). Step R back (ct 5).
- 2 Repeat meas 1, opp ftwk.
- 3-4 Repeat meas 1-2.
- 5-6 Footwork for these measures is essentially the same as in meas 3-4 of slower music. Steps must become smaller and quicker to adjust to faster music.

**KUKURIGU PETLE**  
(Cock-a-Doodle-Do Rooster)

SOURCE: Group of villagers from Injevo.

MUSIC: AMAN 45 FR-4117.

FORMATION: Mixed lines of men and women. Hands joined and up in high "W" position.

STYLING: Dance performed on whole foot with a light style.

---

METER: 2/4

PATTERN

---

Meas

1 Facing slightly R, step on R (ct 1). Hop on R (ct 2).

2 Step on L, continuing to move R (ct 1). Hop on L (ct 2).

3 Step R to R (ct 1). Step L to R (ct 2).

4 Step R to R (ct 1). Hop on R, turning to face center (ct 2).

5-8 Repeat meas 1-4, opp ftwk, opp dir.

9 Step back on R (ct 1). Hop on R (ct 2).

10 Step back on L (ct 1). Hop on L (ct 2).

Note: These back steps are directly behind the supporting foot, really more of a replacement than a step back, often called a "reel" step.

11-16 Repeat measures 9-10 three more times.

# LEPA ANKA KOLO VODI

(Medjimuria)

SOURCE: Institute on Yugoslav dance, Badija. 1971.

MUSIC: AMAN 45 FR 4108.

FORMATION: Pattern 1 - Man's hands folded over belts, woman on man's R, L hand or both hands linked through man's R elbow.

Pattern 2 - Men holding hand in circle, women on L of partner, R hand on his shoulder, left hand on shoulder of man to left.

---

METER: 4/4

PATTERN

---

Meas

### PATTERN 1 - "PROMENADE"

- 1 Both man and woman step in place on R swinging L through to front (cts 1-2). Straighten L leg and place L heel down (ct 3-4).
- 2 Repeat meas 1, stepping with L.
- 3-4 Repeat meas 1-2.
- 5-6 Continuing with walking step used in preceding meas., couple turns CW in place. This turn is accomplished simply by the woman stepping back on R, while man steps fwd and R on R.
- 7-8 Hold in place with R heel out, couple is facing back, reverse of starting position.
- 9-10 Start step again by stepping on R and complete turn started in meas 5-6.
- 11-12 Hold in place with R heel out, couple is facing original direction.

### PATTERN 2 - CLOSED CIRCLE

- 1 Moving slightly L, step into circle with R (ct 1). Bounce lightly on R (ct 2). Step back on L (ct 3). Bounce lightly on L (ct 4).
- 2-4 Repeat meas 1.
- 5-6 Man releases R hand and puts it on his waist. Man releases L hand and takes partner's L hand in his. Woman leaves R hand on partner's L shoulder. Man leads partner into circle both taking 3 steps R (cts 1-2), L (cts 3-4), R (cts 1-2). Touch L fwd (cts 3-4).
- 7-8 Man leads partner out of circle, both starting L, repeat ftwk meas 5-6.
- 9-12 Repeat meas 5-8.
- This figure looks like a gate, opening and closing with the man as the pivot point.

Each pattern is danced completely through twice.

### TRANSITIONS

On the first two steps of Pattern 2, woman moves in front of man passing from his R to his L. Man waits in place and moves into make circle, stepping fwd on R (meas. 2). At end of pattern 2 the man leads the woman to his R side by simply pulling her L hand and placing it in the crook of his R elbow. while he turns 1/2 turn to his L.

*Presented by Billy Burke at the Laguna Folkdancers Festival 1992*

# MOLDOVAN

(Croatia)

SOURCE: Nena Sokcic.

MUSIC: AMAN LP 101, side 1/5; 45 - FR ?

FORMATION: Couples scattered around floor with partners facing. Hands on own waist, feet slightly apart and parallel.

---

METER: 2/4

PATTERN

---

Meas

## PATTERN 1 - INTRODUCTION

1-4 Raise on balls of feet and drop strongly on each ct , 2 drops per measure.

## PATTERN 2 - VERSE A

1 Drop onto L strongly, raising R in front of L (ct 1). Raise and drop onto L heel (ct &). Drop onto R next to L raising L (ct 2). Raise and drop on R heel (ct &).

2 Repeat meas 1.

3 Drop onto L next to R, raising R in front of L (ct 1). Raise and drop on L heel (ct &). Raise and drop on same L heel twice more (cts 2,&).

4-5 Eight scissor steps in place, stepping on R (ct 1), L (ct &), etc. Feet remain low and point just enough to keep them parallel to floor.

6 Jump onto both feet (ct 1). Leap onto R in place (ct &). Step L in front of R raising R behind (ct 2).

7 Leap side to the R (ct 1). Step on L in front of R (ct&). Step back in place on R (ct 2).

8 Repeat meas 7, opp ftwk, opp dir.

Repeat Pattern 1 and Pattern 2

## PATTERN 3 - CHORUS

1 Step R in place, bringing L fwd and across (ct 1). Hop on R touching whole L foot to front and slightly R (ct &). Fall on L bringing R up in back (ct 2,&).

2 Repeat meas 1, opp ftwk opp dir., substituting a hop for the very first step (ct 1).

3 Repeat meas 1, substituting hop for ct 1. three more times.

4 Repeat meas 2.

5-8 Repeat meas 3-4 twice.



PATTERN 4 - VARIATION FOR PATTERN 2

- 1 Repeat meas 1 of pattern 1.
- 2 Four scissor steps as in meas 4 of pattern 1.
- 3 Fall and hop on L as in meas 5 of pattern 1.
- 4 Repeat meas 3, opp ftwk, that is hopping on R.
- 5 Jump onto both feet (ct 1). Click heels tog. in air (ct &). Repeat (cts 1,&).
- 6-8 Repeat meas 6-8 of pattern 1.

Dance repeats to end of music, that is:

Introduction - 8 drops

Melody A - Pattern 2

Repeat introduction, melody A - Pattern 2

Melody B - Pattern - Chorus

Introduction - 8 drops

Melody A - Pattern 1 or Pattern 4

Repeat melody A, repeat pattern

Melody B - Chorus

# PODGORAC

(Serbia)

SOURCE: Performing group at Smotra Folklor, Zagreb.

MUSIC: AMAN LP 105, side 1/5.

FORMATION: Men and women in mixed lines, belt hold, L over R.

METER: Dance is in 6/8, accompaniment is in 2/4. The dance will be counted in 2/4, 1,&,2,&.

---

METER: 2/4

PATTERN

---

Meas

INTRODUCTION: 4 meas.

## PATTERN 1

- 1 Facing center, step R to R (ct 1). Step tog. with L (ct 2).
- 2 Repeat meas 1.
- 3 Step R to R (ct 1). Raise L to R ankle (ct 2).
- 4 Step on L fwd and slightly to L (ct 1). Raise R to L ankle (ct 2).
- 5 Step fwd and R with R (ct 1). Kick L in front of R (ct 2).
- 6 Step L (ct 1). Step on R next to L, (ct 2).
- 7 Step L (ct 1). Kick R in front of L (ct 2).

STYLE NOTE: Though footwork is similar for men and women, body movement is different. Women turn body toward foot stepped on, on ct 1 and back to place on ct 2 on meas 1,2,6. On meas 3,4,5,7 women do not turn back on ct 2, these are "change-of-direction" meas. Men turn body away from foot on ct 1 and come back to place on ct 2.

Pattern 1 is performed 16 times.

## PATTERN 2

- 1 Step R in place (ct 1). Step L in place (ct &). Step R in place (ct 2).
- 2 Repeat meas 1, opp ftwk.
- 3 Jump onto both feet fwd and diag R (ct 1). Jump again in place on both feet (ct 2).
- 4 Jump onto both feet directly to L (ct 1). Jump again in place on both feet (ct 2).
- 5 Step R fwd and diag R (ct 1). Hop on R (ct 2). Hop on R (ct &).
- 6 Step back on L leaving R down (ct 1). Step back on R (ct 2).
- 7 Repeat meas 1, opp ftwk.

Repeat sequence to end of music.

*Presented by Billy Burke at the Laguna Folkdancers Festival 1992*

# SUMADIJSKO

(Serbia)

SOURCE: Institute of Yugoslav dance, Badija, 1972.

FORMATION: "Setnja" type hand hold, that is, L hand on hip, R hand through arm of person to R.

MUSIC: AMAN LP 104, side 2/1.

NOTE: A walking dance like Setnja, a rarity in that men and women have different steps which appear to move contrary to one another.

---

METER: 4/4

PATTERN

---

Meas

## MAN'S STEP

- 1-2 Take 4 walking steps in LOD, beginning R but not crossing completely (cts 1,2,3,4). Take 3 more steps in LOD continuing with R (cts 1,2,3). Close L to R without taking wt. (ct 4).
- 3 Step diagonally back L on L (ct 1). Close R to L (ct 2). Step diag back on R (ct 3). Close L to R (ct 4).
- 4 Take 3 steps in RLOD beginning with L (cts 1,2,3,). Close R to L (ct 4).

## WOMAN'S STEP

- 1 Take 3 steps in LOD beginning R (cts 1,2,3,). Close L to R (ct 4).
- 2 Step L diag back (ct 1). Close R to L (ct 2). Step R to R (ct 3). Close L to R (ct 4).
- 3 With small steps, step diag back L (ct 1). Step back R (ct 2). Step back L (ct 3). Close R to L (ct 4).
- 4 Step side R (ct 1). Close L to R (ct 2). Step side L (ct 3). Close R to L (ct 4).

Dance repeats to end of music.

Tah-rah-bahn

TARABAN

(Croatia)

*sequence not right*

SOURCE: Dr. Ivan Ivancan.

MUSIC: AMAN LP 106, side 1/3.

FORMATION: Fairly small mixed circles, back - basket hold.

*10 max in circle*

*(Lower R, shldr blade int) almost moves continuously to L*

METER: 2/4

PATTERN

Meas

*Intro: Beg of vocal*

PATTERN 1 - PACING *(walk)*

- 1 Step to L with L (ct 1). Close R to L, taking weight, (ct 2).
- 2 Step to L with L 5 (ct 1). Touch R to L, diagonally across L (ct 2).
- 3-4 Repeat direction and ftwk of meas 1 - 2.
- 5-8 Repeat meas 1-4, taking ~~no~~ wt. on last ct of meas 8

*beside L + sltly fwd*

PATTERN 2 - CHORUS *(Buzz)*

- 1 Step <sup>R</sup> across L ~~on R~~ (ct 1). Step L with L on ball of foot (ct &). Repeat cts 2,&.
- 2-8 Repeat meas 1. Note: This is a so-called "buzz" step

PATTERN 3 - DRMES

*small movement fwd L*

- 1 Step strongly into center and slightly over L <sup>R</sup> on R (cts 1,&). Bounce ~~twice~~ on R heel (cts ~~2,&~~).
- ~~2~~ Step back on L (cts ~~2,&~~). Bounce ~~twice~~ on L heel (cts ~~2,&~~).
- ~~2~~ 3-8 Repeat meas 1 ~~twice~~. This step moves slightly L.

PATTERN 4 - REPEAT CHORUS

- 1-8 Repeat step 2, but leave off the last step on ct & of meas 8. This leaves the L free to start the dance again with step 1.

PATTERN 5 - RUNNING "BUZZ" STEP

- 1 Facing slightly L, step across on <sup>L</sup> R (ct 1). Leap lightly onto ball of L (ct 2).
- 2-16 Repeat meas 1, circle moves left, CW.

Repeat patterns 4 & 5 to end of music.

**ZENSKO CAMCE**  
(TITOV VELES)

SOURCE: Stanimar Visinski, Institute on Badija, 1973.

MUSIC: AMAN LP 105, side 1/6.

RHYTHM: Part 1, see note. Part 2, 7/8 (1,&,uh,2,&,3,&).

FORMATION: Line of women, hands joined and up in "W".

NOTE: The slow part of this dance belongs to a tradition of dancing in parts of Macedonia where the dancers are in control of the musical meter and tempo: i.e. the musicians follow the lead dancer. Therefore, no strict meter can be assigned to the first or slow section of the dance. It will be notated as **groups** of steps with "holds" in between. There are absolutely no hip movements to the side in this dance.

---

METER: See note

PATTERN

---

Group

PATTERN 1 - "I'm Ready Now":

1 With wt equally on both feet, bend knees twice. This is done only once in the dance and is a signal by the leader that she is beginning.

PATTERN 2 - "Follow the Leader":

1 Step fwd on L. Step back on R. Bring L foot to L side of R ankle. Raise onto ball of R, **hold**.

2 Lower R heel twice. Step side L on L dip by bending L knee. Step diagonally across L on R. Step back on L, bring R in front of L. Raise onto ball of L and **hold**.

3 Lower L heel twice. Step side R on R. Step L behind R. Step side R on R. Raise L in front of R of R. Dip by bending R knee. Step L diagonally across R. Take small step side R, bringing L in front of R. Raise onto ball of R and **hold**.

4 Step across R onto L and turn to face center bringing R up in front of L. Dip by bending L knee. Step R in place, bringing L in front of R. Dip by bending R knee.

Repeat from beginning (excluding intro) until 7/8 music begins. Music will change after a "group 2".

Meas

PATTERN 3 - "Hey we made it!!!":

- 1 Facing slightly rt, step on R (cts 1,&). Step in place on ball of L (ct uh). Step slightly fwd on R (cts 2,3)
- 2 Repeat meas 1 same direction, opp ftwk.
- 3 Step R with R (ct 1). Step R with L (cts 2,3).
- 4 Turning to face center step side with R, bringing L in front of R (ct 1). Dip once by bending R knee (cts 2,3).
- 5 Step L with L (ct 1). Step across L with R (cts 2,3)
- 6 Step side L bringing R in front of L (ct 1). Dip once by bending L knee (cts 2,3).

VARIATION TO PATTERN 3 - Turn

On meas 1 - 2, dancers may make one turn clockwise, line still moves to R.

# ZENSKO PUSTENO

(Pelagonija)

SOURCE: Pece Atanasovski, Institute at Otesovo.

RECORD: AMAN LP 103, side 2/3.

RHYTHM: Musically in 12/8, dance will be counted in 5, with slight emphasis on 1 and 4 counts.

FORMATION: Women's line, hands held in "W" position.

---

METER: 12/8

PATTERN

---

Meas

PATTERN 1 - SLOW SECTION:

- 1 Lift L, weight on R (ct 1). Place L to side weight still on R (ct 2). Shift wt to L (ct 3). Step fwd on R (ct 4). Wt back onto L (ct 5).
- 2 Repeat meas 1, opp ftwk, opp dir.
- 3 Repeat meas 1.
- 4 Turning slightly R, lift R (ct 1). Touch R to front and side (ct 2). Put wt on R (ct 3). Step L behind R (ct 4). Leap onto R (ct 5).
- 5 Step L in front of R (ct 1). Lift on L (ct 2). Step side on R (ct 3). Step front L (ct 4). Step in place R (ct 5).
- 6 Repeat meas 1-5.

PATTERN 2 - MUSIC SPEEDS UP:

- 1 Hands move to hips, wrists to waist, fingers back. Facing slightly CW, 2 hops on R (cts 1,2). Step L,R,L in place, turning to face CCW. (cts 3,4,5).
  - 2 Repeat meas 1, opp ftwk, opp dir turning to face CW.
  - 3 Hop on R twice (cts 1,2).. Step behind on L (ct 3). Leap R on R (ct 4). Step L in front (ct 5).
  - 4-5 Repeat meas 4-5 of slow pattern, with smaller footsteps and in tempo of faster music.
- Repeat to end of music.