

MAKEDONSKA SADENKA

(Macedonia)

A shope dance from eastern Macedonia.

MUSIC: Record: Dances from Yugoslavia WRS 768 Side A, Band 2

FORMATION: Dancers in belt hold, L hand over R, or can be done with hands joined and held low.

STYLIN Small steps danced lightly on balls of ft.

RHYTHM: Dance is in 11/16 meter counted 1, 2 - 1, 2 - 1, 2, 3 - 1, 2 - 1, 2. We will use cts 1, 2, 3, 4, 5 with ct 3 underlined to show longer length.

The more common names for each step are given so leader may designate the pattern to be danced.

<u>Meas</u>	<u>Pattern</u>
	<u>I. Call: Osnoven Čekor! (Ohz-no-ven cheh-kor) "Basic step."</u>
1	Facing and moving in LOD, step R (1), L (2), R (3), hop R (4), step L (5). Repeat as desired. Transition: On meas before last, bounce R on 4, 5 turning to ctr. Last meas: Step sdwd L on L (1), close R to L (2), step sdwd L on L, bending knee (3), close R to L with a bounce (4), bounce again (5).
	<u>II. Call: Skraten Čekor! (skrah-ten) "shorten step."</u>
1-2	Facing ctr, step sdwd R on R (1), close L to R (2), step sdwd R on R, bending knee (3), Close L to R with a bounce (4), bounce again (5). Reverse direction and ft for meas 2.
	<u>III. Call: Povrati! (poh-vrah-tee) "come back."</u>
1	Facing and moving LOD repeat I.
2	Step R (1), L (2), step flat on R, bending knee (3), step L (4), R (5).
3	Moving bkwd in RLOD, step L (1), R (2), face ctr and step flat on L bending knee (3) in place step R (4), L (5).
	<u>IV. Call: Čukni! (chuke-nee) "stamp".</u>
1	Facing and moving LOD, repeat I.
2	Step R (1), L (2), facing ctr step sdwd R on R and "twizzle" with L across in front of R (3), step sdwd L on L (4), step R across in front of L (5).
3	Step sdwd L on L (1), step R behind L (2), step sdwd L on L (3), hop L (4), slap R in front of L (5).
4	Hold (1, 2), moving in LOD step R (3), hop R (4), step L (5). Repeat pattern starting at meas 2 (through 4) as often as desired.

MAKEDONSKA SADENKA (continued)

- V. Call: Čukni duplo! (due-ploh) "stamp double". In this case, does not mean "double stamp" but rather "a stamp (slap) followed by a double" (2 steps).  
1-3 Repeat IV, meas 1-3.  
4 Step R in place (1), step sdwd L on L (2), Step R and face LOD (3), hop R (4), Step L in front of R (5).  
Repeat pattern starting at meas 2 (through 4) as often as desired.

- VI. Call: Ukrsten čekor! (oo-ker-sten) "cross step".  
1 Facing and moving LOD, repeat I.  
2 Face ctr and step sdwd R on R (1), step L behind R (2), step sdwd R on R and "twizzle" with L across in front of R (3), step sdwd L on L (4), step R in front of L (5).  
Note: Cts 1, 2 may be done fwd in LOD before facing ctr.  
3 Repeat meas 2 but beg L and move RLOD.  
Repeat meas 2-3 as often as desired.

These are the figures presented in class but there are many others that could be used.

Presented by Atanas Kolarovski