

Podgorac

(East Serbian Vlach)

Source: Dance seen at Smotra Folkloru, Zagreb. Special thanks to Robert Leibman for the use of his films in the further research of this dance.

Pronunciation:

Music: Special cassette; Aman LP-105, Side A/5

Meter: Melody is in 6/8; accompaniment is in 2/4. The dance will be counted 1,&,2,& (2/4).

Formation: Belt-hold (L over R), men and women in mixed line.

Meas

Pattern

1-4 INTRODUCTION. No action.

STEP I

1-2 Step R to R (ct 1); step together L (ct 2). Repeat cts 1-2.

3 Step R to R (ct 1); raise L to R ankle (ct 2).

4 Step on L fwd and to L (ct 1); raise R to L ankle (ct 2).

5 Step fwd and R with R (ct 1); ladies kick L, men kick L front of R (ct 2).

6 Step L (ct 1); bring R to L (ct 2).

7 Step L (ct 1); ladies and men kick opp ftwk as meas 5 (ct 2).

8-112 Repeat this sequence 15 more times. Though ftwk is similar for men and women, body movement is different. Ladies turn body toward ft stepped on ct 1 and back to place on ct 2. Cts 3,4,5,7 do not return to place—that is when you change direction. Men step on ct 1 and turn body away from ft.

STEP II

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 ft fwd and diag R (ct 1); jump again in place on both ft (ct 2).

4 Jump onto both ft to L (ct 1); jump in place on both ft (ct 2).

5-6 Step R fwd and diag R (ct 1); hop on R (ct 2); hop on R (ct &); step back on L leaving R down (ct 1); step back on R (ct 2).

7 Repeat meas 2.

Repeat sequence to end of music.

Presented by Barry Glass