

TROJNO
(Serbia)

The dance is from southeast Serbia near the Nish area and is a man's shepherd dance. The name of the tune is Krivo Horo by Boris Karlov and the music was changed slightly to fit the dance steps. The dance is basically from KOLO, and was modified slightly for recreational dancing. "Trojno" means "a line with 3 people."

Pronunciation: TROY-noh

Music: Cassette NK 85-2

Rhythm: 11/8 counted as: 12 123 + 12 123 (4 without beat) OR
 $\frac{1}{Q} \frac{2}{Q} \frac{3}{S} \frac{4}{Q} \frac{5}{Q} + \frac{6}{Q} \frac{7}{Q} \frac{8}{S} \frac{9}{Q} \frac{10}{Q}$

Formation: Usually done in belt hold (L over R).

Style: Very vigorous and bouncy. Physically demanding.

Serbian dances are very light and done mostly on the balls of the ft with slightly bent knees. Their styling has all kinds of extra flourishes such as bounces, lifts, swings, etc. These notes only have the basic steps and should be used only as a reference after learning the dance from a competent teacher.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
2 meas		<u>Introduction.</u>
		<u>I.</u>
1	1-2 (QQ)	Facing ctr and dancing in place, step R,L
	3 (S)	Hop on L as ball of R ft touches fwd, then immediately bounce on L as R knee lifts fwd (thigh parallel to ground).
	4 (Q)	Hop on L, R knee slightly raised.
	5 (Q)	Step on R in place.
	6-10	Repeat cts 1-5 with opp ftwk.
2-4		Repeat meas 1 three more times (4 in all or 8 times alternating ftwk).
		<u>II.</u>
1	1 (Q)	Facing ctr and dancing in place, hop on L as R lifts bkwd at knee level.
	2 (Q)	Tap R heel slightly R sdwd R.
	3 (S)	Small bounce on L as R heel taps fwd.
	4 (Q)	Hop on L.
	5 (Q)	Step R behind L.
	6 (Q)	Step on L next to R.
	7 (Q)	Step on R in place.
	8 (S)	Bounce on R as L heel taps fwd.
	9 (Q)	Hop on R.
	10 (Q)	Step on L behind R.
2		Repeat meas 1 with opp ftwk, except on ct 1 step on R in place as L kicks bkwd.

TROJNO (Continued)

- 3-4 Repeat meas 1-2, except on last 2 cts leap on R in place; step on L in place. Flex knees on each ct.

III.

- 1 1 (Q) Facing ctr and moving sdwd R, step on R to R.
 2 (Q) Step on L behind R.
 3 (S) Step on R to R with bent knee, L lifts next to R calf.
 4 (Q) Bounce on R.
 5 (Q) Stamp L lightly next to R, no wt.
 6-10 Repeat cts 1-5 with opp ftwk and move L.
 2-4 Repeat meas 1 three more times (4 in all, 8 times alternating ftwk).

Note: Flex knees on each ct.

IV.

- 1 1 (Q) Facing ctr and moving sdwd R, step on R to R.
 2 (Q) Step on L behind R.
 3 (S) Step on R to R.
 4 (Q) Bounce on R.
 5 (Q) Step on L across R.
 6-10 Repeat cts 1-5.
 2 1 (Q) Drop on L heel as R heel lifts fwd then pushes down twd floor.
 2 (Q) Step on R next to L.
 3 (S) Drop on R as L heel lifts fwd then pushes down twd floor.
 4-5 (QQ) Step L,R in place.
 6-10 Repeat cts 1-5 with opp ftwk, except on cts 9-10, bounce on L, step on R in place.
 3-4 Repeat mas 1-2 with opp ftwk. On last ct drop on L as R kicks fwd low to floor and bent fwd from waist.

V.

- 1 1 (Q) Bending fwd from waist, step fwd on R with straight knee.
 2 (Q) Close L behind R heel in "T" pos, both knees bent.
 3 (S) Repeat cts 1-2 in 1 ct (double time).
 4-5 (QQ) Repeat cts 1-2.
 Note: Do a total of 3 step-closes during cts 1-5.
 6 (Q) Step fwd on R.
 7 (Q) Step on L close to R heel as R lifts next to L ankle.
 & Straighten body.
 8 (S) Hop on L as ball of R ft touches in front of L.
 9 (Q) Hop on L.
 10 (Q) Small step bkwd on R.
 Note: Beg to move bkwd to beg pos on cts 9-10.
 2 1-2 (QQ) Small steps bkwd, L,R.
 3 (S) Hop on R in place as L touches fwd then lifts immediately.
 4 (Q) Hop on R in place.
 5 (Q) Small step bkwd on L.
 6-7 (QQ) Small steps bkwd R,L.
 8 (S) Hop on L as R heel touches fwd with straight knee.
 9 (Q) Leap on R in place.
 10 (Q) Lunge/step fwd on L, bend body fwd from waist.
 Note: On ct 10 you are back in beg pos of line.

TROJNO (Continued)

3-4 Repeat meas 1-2. On last 2 cts, leap onto R in place, step on L in place while turning as much as possible twd R.

VI.

1 1-2(QQ) Facing diag R, step R,L in place.
 3 (S) Drop on R as L touches fwd.
 4 (Q) Hop on R as L knee lifts fwd - thigh parallel to floor.
 5 (Q) Step on L in place.
 6-10 Repeat cts 1-5.
 2 1 (Q) Hop on L.
 2 (Q) Tap R heel sdwd R.
 3 (S) Tap R heel fwd.
 4 (Q) Hop on L in place.
 5 (Q) Step on R in place.
 6-7 (QQ) Step L,R in place.
 8 (S) Tap L heel fwd.
 9-10 (QQ) Turning to face diag L, step L,R in place.
 3-4 Repeat meas 1-2 with opp ftwk. On last 2 cts turn to face ctr.

Repeat dance from beg + Fig I-III.

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