

Belasicko

Origin: Belasicko is a line dance and comes from the tow of Strumiea. It is named for a nearby mountain, Belasica. The footwork is influenced by the rocky terrain. The dance is done by the shepherds in the area. It was introduced by Atanas Kolarovski at University of the Pacific Folk Dance Group, 1968. *Formation:* Broken circle, leader at R end, hands joined and held down. When originally danced, M and W did not join hands, but held a handkerchief between them. Today, usually only the leader holds a handkerchief in his hand and uses it to signal when changing from one dance pattern to the next.

Steps and Styling: Walk - run - step-close

Body is held erect but relaxed. The bouncy character of the steps is reflected throughout the body. When directions say to step on the heel, it does not mean that the toes are pointing in the air. Ball of foot is on, or close to, the floor - but the heel is bearing the weight.

NOTE: Music on recording consists of 4 melodies, each one repeated. Since dance patterns are changed according to the whims of the leader, 1st step is not necessarily done to melody A. *Music:* 2/4 There is no introduction.

Measure	Count	PATTERN ONE	Measure	Count	PATTERN TWO
1	1	Facing slightly to R of center, and moving LOD, step on R heel	1	1	Facing center, raise joined H to shoulder height, elbows bent, step to R on R heel
	2	Close L to R, taking weight (L in step to R heel, knees bent and apart)	2	2	Step on L across in back of R, bending L knee
2	1	Step on R heel in LOD	2	1	Step to R on R heel
	&	Close L to R NOTE: This is the same as measure one, but twice as fast.		&	Step on L across in back of R NOTE: This is the same as measure one, but twice as fast.
	2	Step on R heel in LOD		2	Step on R to R
	&	Bend R knee		&	Lift L leg, knee bent, beside R (R knee bends during this small, low lift)
3	—	Still moving LOD, REPEAT action of measure 2, but with opposite footwork			
4	1	Turning to face center, step on R to R			
	&	Bend R knee			
	2	Lift L leg in front of R, knee bent, at same time straightening R knee			
	&	Bend R knee			
5-8	—	REPEAT action of measures 1-4, but with opposite footwork, and moving in RLOD			