

SKOPSKA CRNOGORKA

Origin: This dance is from the capitol of Macedonia (Skopje) and is named after the Crna Gora (Black Mountains) that are located nearby.

Source: As learned by Tom Deering from Atanas Kolarovski *Descriptions and Presented by:* Tom Deering

Style: Macedonian dances are generally danced with a very vertical sense about them. Lifts, even when large, are vertical and in place, never "swung." Movements initiated with a hop or leap usually are formed early so the hop or leap moves the whole dance as a single unit.

Formation: Mixed lines, hands held down in "V" position with the leader on the right. The dance starts to the right with the right foot free. Step changes are signally by the leader at his/her discretion.

<u>Measures</u>	<u>Counts</u>	<u>BASIC PATTERN</u>
1, 2	1-4	Facing slightly and moving R, take 4 walking steps FWD (R, L, R, L)
3	1, 2	Turning to face center, leap onto R in place, lifting L low in front; Hop on R in place
4	1, 2	Facing slightly and moving L, take 2 small walking steps FWD (L, R)
5	1, 2	Facing slightly R, but still moving L, take 2 small walking step BKWD (L, R)
6	1, &, 2	Take 3 quick steps in place (L, R, L) - leap-step-step preparing to move R

NOTE: The following variations have the same form as the basic pattern above, substituting various more energetic movements for the walking steps.

HOP-STEP-STEPS (Fast Basic Step)

1, 2	1-4	Facing slightly and moving R and w/weight on L, hop-step-step twice (R, L, R, L)
3	1, 2	Step-hop on R in place, lifting L low in front
4	1, 2	Turning and moving slightly L and w/weight on R, hop-step-step
5	1, 2	Facing slightly R, but still moving L, hop-step-step
6	1, 2	Leap-step-step in place

RUN-RUN-RUNS

1, 2	1-4	Substitute leap-step-step for the hop-step-steps above
3-6	-	As in the hop-step-step variation above

GRAPEVINE (All of the action is w/feet - the hips do NOT twist.

Body faces center throughout measures 1-2)

1	ah	Facing center and moving R, touch the ball of the R foot in front of L
	1, &	Step on L slightly to R behind R
	ah	Touch the ball of the R foot behind L
	2, &	Step on L slightly to R in front of R
2	-	REPEAT measure 1
3-6	-	As in the hop-step-step variation above

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...SKOPSKA CRNOGORKA CONTINUED

<u>Measures</u>	<u>Counts</u>	<u>REELS</u>
1-3	-	REPEAT measures 1-3 GRAPEVINE variation. On count 2 of measure 3, lift both hands from the elbows, so that the lower arms are roughly horizontal. In measures 4-6 swing arms assertively down when stepping on the L, let them return to horizontal when stepping on the R (arms stay down from the last count of measure 6 through the grapevine step).
4	ah 1	Slight hop on R Step on L, displacing R from behind (reel step)
	ah 2	Slight hop on L Step on R, displacing L from behind (reel step)
5	-	REPEAT measure 4 (4 reel steps all together)
6	1, 2	Leap-step-step in place
 <u>URNS</u> (For Men)		
1-2	1-4	Facing and moving R, take 2 CCW turns (R, L, R, L)
3	1, 2	Pause, standing on both feet and facing FWD (RLOD)
4	1, 2	Squat on both feet; Rise up to partial standing, lifting R foot slightly in front
5	1, 2	REPEAT measure 4, lifting L foot
6	1, 2	REPEAT measure 4, ending standing on both feet ready to step onto R
 <i>NOTE: When in mixed lines, those who will be doing the turns separate from the others and move to the center on the last measure of the previous step. Those who are not doing the turns should continue with the reel step, leaving space for the turners to rejoin the line. Do NOT join hands to fill the gaps, put hands on hops or twirl handkerchiefs. The turning step is usually done twice in a row.</i>		
 <u>SQUAT WALK</u> (For Men)		
1-3	-	Facing and moving R, squatting halfway, so knees are bent, take 5 walking steps FWD starting with the R and turning the lower body quickly in the direction of each step. Pause after the 5th step. The lower knee should almost touch the ground. Arms are kept raised in the air with forearms vertical and upper arms horizontal. The shoulders do NOT twist.
4-6	-	REPEAT measures 4-6 of TURNS variation (3 squat-lifts)

NOTE: When starting the step for the second time, leap into the air as you are starting the first measure.