

ČUKUK
Skopje, Macedonia

Source: AS learned by Thomas Deering from Atanas Kolarovski over the years and Pece Atanasovski at his Macedonian Folkdance Institute, Oteševo, Macedonia, July 1976.

Rhythm: 9/16 counted: Quick, Quick, Quick, Slow
 Sometimes: 1 2 3 4
 1 2 & 3 4 & ah
 2/16 2/16 2/16 3/16

Recording: Folkraft LP-15 (Zurla and Tapan)
 Jugoton LSY 61392 (Pece Atanasovski Orchestra)
 RTB EP 14-719 (Folk Orchestra)
 RTB EP 14-714 (Zurla and Tapan)

Formation: Originally separate circles of men and women, men in the center holding shoulders, women on the outside in holding hands in "W" position.

Steps: **ČUKČE:** Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat - think "ah" when counting it in the dance.
 Note: when a lift is involved, usually the lifted leg is already up and in place when the čukče is executed.

Note: Transitions between steps often take place before the end of the step, usually by incorporating the last measure of the next step.

Meas Ct STEP 1 - Beginning, Warm-up, or Introduction Step

- 1 1 Facing center with weight on R, small ČUKČE on R, with L lifted low
 2,3,4 Three small steps in place L, R, L
- 2 REPEAT meas 1 with opposite footwork
 3 REPEAT meas 1
- 4 1 Small ČUKČE on L in place, lifting R low
 2,3,4 Facing slightly and moving R, three walking steps R, L, R
- 5 1,2 Continue with two walking steps L, R
 3 Turning to face center, Step L slightly to center
 4 Step back to place onto R

STEP 2 - Slow Basic Step

- 1 1 Hop on R lifting L leg in front
 2 ČUKČE on R
 & Step onto L in place
 3 Step on R slightly forward
 4 Step on L in place
- 2 REPEAT meas 1 with opposite footwork
 3 REPEAT meas 1
- 4 1 Facing slightly and moving R, Hop on L lifting R leg in front
 2 ČUKČE on L in place
 & Step onto R to R
 3 Leap forward onto L
 4 ČUKČE on L in place
 & Step on forward (LOD) onto R
- 5 1 Leap forward onto L foot
 2 ČUKČE on L
 & Step forward onto R
 3 Turning to face center, Leap slightly forward onto L foot
 4 Step back to place onto R

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Meas Ct STEP 3 - High Lifts

1 1 Hop on R with L leg lifted high in front
2 Hop on R with L lifted high in front
& 3 Step onto L in place
4 Step on R in place
4 Leap to L in place, lifting R leg High in front

2 REPEAT meas 1 with opposite footwork

3 1-3 REPEAT meas 1, counts 1-3
4, & Two quick steps L, R in place

4,5 REPEAT meas 4 & 5 of Step 2

STEP 4 - Basic Fast Step

1 1 Leap to R in place (this is a high leap with the body)
2 Hop on R in place swinging L slightly in front of R shin
& 3 Step onto L in place
4, & Step on R in place
Two quick steps L, R in place

2 REPEAT meas 1 with opposite footwork

3 REPEAT meas 1

4 REPEAT meas 4 of Step 2

5 1 Leap forward onto L foot

2 ČUKČE on L

& Step forward onto R

3 Turning to cace center, Leap slightly forward onto L foot

4 Turning to face center, Step sideward R onto R foot

& Quick Step on L behind R

STEP 5 - Leaps (men only) (This step replaces 2 Fast Basic steps)

1-4 REPEAT meas 1-4, Step 4, dropping shoulder hold on meas 4

5 1 Facing slightly and moving R (LOD), Leap to L

2 Step deliberately forward (LOD) onto R

3 Squat in place with weight on both feet

4 Rise up from squat with weight on L

6 1 Leap high to R foot, swinging R leg out in front and, bringing L foot
up under body

2 Step deliberately onto L

3 Squat in place with weight on both feet

4 Rise up from squat with weight on L

7-8 REPEAT meas 6 two more times (4 Squats and 3 Leaps total)

9-10 REPEAT meas 4-5, Step 4 (Travelling LOD with a transition to the in-
place step)

STEP 6 - Squats and Turns (men only)

As Step 5 above except Meas 5 Ct 4, and Meas 6:

1-4 REPEAT meas 1-4, Step 4, dropping shoulder hold

5 1 Facing slightly and moving R (LOD), Leap to L

2 Step deliberately forward (LOD) onto R

3 Squat in place with weight on both feet

4 Rise up from squat with weight on BOTH feet, shoulder width apart

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Meas Ct STEP 6 (continued)

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|------|---|---|
| 6 | 1 | Jump up, turning one complete Turn L in place (counter-clockwise)
landing on both feet on the count |
| | 2 | Pause |
| | 3 | Squat in place with weight on both feet |
| | 4 | Rise up from squat with weight on BOTH Feet |
| 7-8 | | REPEAT meas 6 two more times turning R then L (4 Squats and 3 Turns total) |
| 9-10 | | REPEAT meas 4-5, Step 4 (Travelling LOD with a transition to the in-place step) |

NOTE: Steps 5 and 6 are not usually done consecutively. Step 4 (the basic fast step) should be done at least once between the men's show-off steps. The men can, at the leader's option, rejoin shoulder hold while doing the basic fast step if the basic step is to be done several times.

If the line is not segregated at the beginning of the dance, the men should separate from the women and move into the center when Step 5 or Step 6 is first called. The men do not usually rejoin the women. The women should continue to do the basic fast step while the men are doing the leap or squat steps.