

PLETENICA
Macedonia

A line dance from Eastern Macedonia, Sveti Nikola, Ovečpole region. This dance is from a family of dances called Potrčulki. One of these Potrčulki has been named Pletenica because some of the steps resemble braiding. This dance has often been seen at monastery celebrations (slavas), festivals, and weddings.

Source: As learned by Tom Deering from Atanas Kolarovski.

Rhythm: 2/4

Recording: Atanas Kolarovski - AK 006

Formation: Danced in mixed lines with hands held down or hands holding belts, Left over right.

<u>Meas</u>	<u>Ct</u>	<u>PART I</u> - Repeat until the leader calls a change
1		Facing slightly and moving R (LOD), three light Running steps (R, L, R)
2		Three more light Running steps (L, R, L)
3	1	Step on R
	2	Hop on R, lightly thrusting L foot forward low
4	1	Step L
	2	Hop on L, lightly thrusting R foot forward low
5-8		Repeat measures 1-4
9	1	Turning to face center, Step on R to R
	&	Step on L behind R
	2	Step on R in place
10	1	Step forward onto L
	2	Hop on L
11	1	Step back onto R
	&	Step back on L
	2	Step back on R
12	1	Step on L in place
	2	Hop on L in place
13-16		Repeat measures 9-12
		<u>PART II</u> - Repeat to the end of dance or alternate with Meas 1-8 Part I
1	1	Facing slightly and moving R (LOD), Hop on L
	&	Step on R
	2	Step on L
	ah	Small Hop on L, like a skip (don't lift completely off the floor)
2	1	Bending both knees slightly, Step on R with weight forward
	2	Hop on R, straightening slightly
3	1	Still facing R (LOD), but moving sideways towards center, Step L ft to
L		
	&	Step on R in front of L
	2	Step L ft to L
	&	Step on R in front of L
4	1	Step L ft to L
	&	Step on R in front of L
	2	Step L ft to L
5	1	Turning to face center and moving slightly back away from center, Step
	2	back onto R, leaving ball of L ft in place, twisting L heel to R
		Repeat count 1, with opposite footwork
6	1-2	Repeat measure 5
7	1	Step on R to R
	2	Hop on R
8	1	Gradually turning to face R (LOD) Step on L fwd
	&	Step on R in place
	2	Step on L in place

Dance description by Tom Deering
Presented by Tom Deering