

SKOPSKA CRNOGORKA
Skopje, Macedonia

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

Source: As learned by Tom Deering from Atanas Kolarovski

Rhythm: 2/4 (counted: ah 1 & ah 2 &) in 6 measure phrases

Recording: Folkraft LP-15

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 signaled by the leader at the leader's discretion.

Style Note: 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 are usually formed early so the hop or leap moves the whole dancer as a single unit.

Meas Ct BASIC PATTERN

1, 2	1-4	Facing slightly and moving R, 4 walking steps forward (R, L, R, L)
3	1	Turning to face center, Leap onto R <u>in place</u> , lifting L low in front
	2	Hop on R in place
4	1, 2	Facing slightly and moving L, 2 small walking steps forward (L, R)
5	1, 2	Facing slightly R but still moving L, 2 small walking steps back (L, R)
6	1 & 2	Three quick steps in place, Leap-Step-Step preparing to move R

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 with weight on L, Hop-Step-Step twice
3	1, 2	Step-Hop on R in place, lifting L low in front
4	1, 2	Turning and moving slightly L and with 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 with the feet--the hips do not twist)
The body faces center throughout meas 1-2.

1	ah	Facing center and moving R, Touch the ball of the R foot in <u>front</u> of L
	1 &	Step on L slightly to R behind R
	ah	Touch the ball of the R foot <u>behind</u> 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

REELS

1-3		Repeat meas 1-3 Grapevine Variation. On count 2 of measure 3 lift both hands from the elbows - the lower arms are roughly horizontal. In measures 4, 5, & 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 meas. 6 through the grapevine).
4	ah	Slight Hop on R
	1	Step on L displacing R from behind (a reel step)
	ah	Slight Hop on L
	2	Step on R displacing L from behind (a reel step)
5		REPEAT meas 4 (4 reel steps all together)
6		REPEAT meas 6 above (Leap-Step-Step in place)

Continued...

