



# Virtual Dance Room Cue Cards

Session #11 – June 05, 2020

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# Virtual Dance Room

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**Paul Collins – Skokie, IL**  
**Early Workshop - Repertoire Dances**

# **Pirinsko Shirto**

**Bulgarian/Pirin**

**Open Circle**

**7/8 meter (SQQ)**

**Translation: Shirto (dance type) as done is Pirin**

This dance was introduced to the IFD community by Yuliyana Yordanova. The Bulgarian Shirto is a 4-measure dance similar to the Greek Syrtos and there are a number of variations. The first part of Jaap Leegwater's Karamfile is a basic Shirto step.

# Savila Se Bela Loza

**Serbian**

**Open Circle**

**2/4meter**

**Translation:** a "Grape vine intertwined with itself"

This dance was originally Presented in the USA by Dennis Boxell in 1965. The dance form is a metaphor of the title which translates as a "Grape vine intertwined with itself"

# **Kačerać**

**Serbian/Vlach**

**Open Circle**

**2/4 meter**

**Translation: Dance from Kačer**

This dance was introduced to the IFD community by by Dick Crum, and later by Beverley Barr and Atanas Kolarovski. The name means dance from the Kačer region of Serbia.

# **Dañs Tricot**

**a.k.a. Dañs Trikot - Tricot - Kejaj**

**French/Breton**

**Open Circle**

**2/4 meter & 6/8 meter**

**Translation: Trikot means to knit together**

The dance was taught by France Bourque Moreau at the 2017 Lyrids Folkdance festival. The dance is a combination of 4 An Dro patterns and 4 Hanter Dro patterns. Roberto Bagnoli taught it at the Peninsula Virtual Folk Dance Party on May 30, 2020.

**Sarah Falkoff – St Louis, MO**  
**Early Workshop - Repertoire Dances**

# **Povlekana**

**Bulgarian/Dobrudjan**

**Open Circle**

**7/8 meter (QQS)**

**Translation: dragged or swept**

This form of a Rutchenitza dance was first introduced to the IFD community by Dimitar “Mitko” Manov in the early 1980s and most recently by Iliana Bozhanova in her FACONE online workshop and in her recent tours to the USA.



# **Programmed & Request Dances - 1**

**Transition Dances – 1**  
**Theresa Utschig (Milwaukee, WI)**

# **La Retour du Fils Soldat**

**French possibly**

**Open Circle**

**6/8 meter**

**Translation: The Return of the Soldier's Son**

The origin of the dance is unclear. The song is by the group Le Vent Du Nord from Quebec. The pattern is a left-moving variant of the Serbian dances Biserka and Bojerka and one of the variants of the Romanian dance known as Hora Mare.

# Tallava (Seven Count)

**Kosovans in Germany**

**Open Circle**

**2/4 meter**

**Translation: Under the Hands (Romany)**

This Tallava (from the Romany *Tel o vas*, under the hand), is a modern music/dance genre originating in Kosovo in the 1990s among the Ashkali (Albanian-speaking Roma). This Tallava has a 7-count pattern. It's related to Choçek, Chalga, Manele, Skiladiko and Turbo Folk genres of music from neighboring countries. This Tallava dance-step is popular among younger Albanians in the Albanian "diaspora", especially in Germany. This was introduced to the IFD community by Steve Kotansky. Note: Shani Rifati teaches a Romany dance he calls *Telo Vas*.

# Zek Zek Dadumle

**Macedonian Roma**

**Open Circle**

**2/4 meter**

**Translation: First words of the song = nonsense words**

This dance was introduced to the IFD community by Steve Kotansky and has also been taught by Roberto Bagnoli. Roberto taught the dance over Zoom during the virtual workshop at the Folk Arts Center of New England to over 400 people from around the world during the COVID-19 pandemic.

**Transition Dances – 2**  
**Leigh Holden – Denver CO Area**

# Sirba Pe Loc

**Romanian/Muntenian**

**Open Circle**

**4/4 meter**

**Translation: Dance (the Sirba) in place**

This dance was introduced to the IFD community by Mihai David who learned it while he danced with his brother, Alexandru in the Romanian State Folk Dance Ensemble Perenița. Cimpoi is from Romania's ethnographic region of Oltenia, which is green and mountainous and has some of southeastern Romania's oldest surviving artifacts, edifices, and folklore, with little Turkish, Russian, or Greek influence.

# Lerikos

**Greek**

**Open Circle**

**2/4 meter**

**Translation: from Leros (the Island)**

This dance has been in the IFD community forever. It was introduced to the IFD community by Sonny Newman at Stockton Folk Dance Camp in 1963. Sonny learned it from Ted Petrides in New York City, but the origin of this “arranged” Greek dance and whether it is from Leros is unclear. It has elements of a Hasapikoserviko and Sousta. I’ve observed 2 versions of the dance. It is danced to a 1950s bouzouki tune sung by Rena Dalia.



# **Announcements - 1**

**Sarah Falkoff – St Louis, MO**

# **Staračko Kolo**

**Croatian**

**Closed Circle**

**2/4 meter**

**Translation: Old circle dance (kolo)**

This dance was introduced to the IFD community by Zeljko Jergan and was taught at the FACONE online workshop.

# **Rano Rani**

**Bulgarian**

**Open Circle**

**2/4 meter**

**Translation: Early Wounds**

The dance, introduced to the IFD community by Iliana Bozhanova is from the village Dabnica. It is related to the Turkish dance Yuch Ayak (Üç Ayak)

# **Pet Je Kumi**

**Croatian/Medjmurije**

**Closed Circle**

**2/4 meter**

**Translation: 5 Country Women**

This dance was introduced to the IFD community by Zeljko Jergan and has traces of Hungarian music and dance motifs as Medjmurije is on the Hungarian Border.

# Murgulețul din Negreni

Romanian/Muntenian

Open Circle

2/4 meter

**Translation:** The little roan (horse) from Negreni

This dance was arranged by and introduced to the IFD community by Cristian Florescu and Sonia Dion. A roan is a horse with an even mixture of colored and white hairs. Negreni is a commune in Cluj County, Romania.

# **Ravno Oro**

**Macedonian**

**Gender Segregated Lines (Traditionally)**

**7/8 meter (SQQ)**

**Translation: Early dance (oro)**

This dance was introduced to the IFD community by Dennis Boxell in the early 1960s after he learned it from the “mysterious” Phillip Thornton’s Yugoslav Dance Group in London, England. The music is played by the Mali Orchestra of Radio Skopje

# **Programmed & Request Dances – 2a**



# **Seljancica Kolo**

**Serbian**

**Open Circle**

**2/4 meter**

**Translation: Peasant girl's dance**

This dance was introduced to the IFD community by Dick Crum and John Filcich and is played and sung by the famous Banat Tamburitza Orchestra.

# **Vrapcheto**

**Bulgarian**

**Open Circle, T-Position**

**2/4 meter**

**Translation: Little Bird**

This dance was introduced to the IFD community  
Marcus Markoff.

# **For A Birthday (Születésnapra)**

**a.k.a. Ugrós**

**Hungarian**

**Individuals**

**2/4 meter**

**Translation: The name of the song (Születésnapra)  
translates into For a Birthday**

This dance is a basic form of the Ugrós style of Hungarian men's dances (originally for men only) and was arranged by and introduced to the IFD community by Andor Czompo.

# **Announcements - 2**

**Penny Brichta – Lake Geneva, WI**

# **Hora Medura**

**Israeli**

**Closed Circle**

**4/4 meter**

**Translation: Dance (Hora) of the Campfire**

This dance was choreographed by Yo'av Ashreil in 1963. Yoav was one of the early creators of Israeli dance and created many of the now "classic" dances. The song is reminiscent of the early settlers who worked in agriculture on the kibbutz (collective settlement). They worked in the fields and then came together in the evening around a campfire to play music and dance.

# Lechu Neranena

Israeli

Closed Circle

4/4 meter

**Translation: Go and rejoice!**

This dance was choreographed by Shmulik Gov-Ari in 1983.

Dance by Shmulik Gov-Ari. The song is "Shir Shabbat" by Boaz Sharabi and features memories of a Yemenite family preparing for and gathering together to enjoy the Sabbath. The movements are Yemenite style using the arm and hands as well as traditional Yemenite steps. The steps can be performed in a syncopated rhythm, done in a slow-quick-quick rhythm rather than the quick-quick-slow rhythm.

# **Dana**

**Romanian/Roma/Gypsy**

**Individuals in a circle**

**2/4 meter**

**Translation: Sandals (as in the Serbian opanci)**

This dance was introduced to the IFD community by Cristian Florescu and Sonia Dion and part of the Manale tradition of gypsy dance.



# **Dañs Tricot**

**a.k.a. Dañs Trikot - Tricot - Kejaj**

**French/Breton**

**Open Circle**

**2/4 meter & 6/8 meter**

**Translation: Trikot means to knit together**

The dance was taught by France Bourque Moreau at the 2017 Lyrids Folkdance festival. The dance is a combination of 4 An Dro patterns and 4 Hanter Dro patterns. Roberto Bagnoli taught it at the Peninsula Virtual Folk Dance Party on May 30, 2020.

# **Katerino Mome (Arap)**

**Bulgarian/Pirin**

**Open Circle**

**4/4 meter**

**Translation: Dear Kate – Arap=Arab**

The Macedonian dance Arap has been in the IFD community. This Pirin style version of Arap was introduced to the IFD community by Ventzi Sotirov.

# La Bastringue

**French Canadian  
Partners, Mixer  
2/4 meter**

## **Translation: The Tavern Dance**

This dance is originally part of a longer French Canadian Quadrille and was introduced to Folk Dancers in California by Yves Moreau. Although I recollect as a youth doing a dance to La Bastringue at contra/square dancing before Yves may have done this. This is an older and very short recording of Jean Carignan playing the song.

**Tom Bozigian & Sheree King**  
**– La Mirada, CA**

# Loorke

Armenian

Open Circle

7/8 meter (SQQ)

Translation: TBD

Originally taught by Tom Bozigian, who learned it from members of the Armenian Diaspora in California. The dance originates in the town of Kharpert in Taron.

# Moosh - Sasoon

Armenian

Open Circle

2/4 meter

**Translation: TBD**

This is actually a medley of two very closely related dances: Moosh and Sasoon. Moosh was originally taught by Tom Bozigian who learned the dance from members of the Armenian Diaspora in Fresno. The dance is from the town of Moosh in the Daron region. Sasoon is also from Tom Bozigian, who learned it in the village of Sasnashen, which is also occupied by people from Daron.

# **Programmed & Request Dances – 2b**

# **Branle Gai Alsacien**

**Macedonian**

**Open Circle**

**3/4 meter**

**Translation: The happy Branle (dance type) from  
Alsace**

This dance was introduced to the IFD community by Roberto Bagnoli. It was arranged by Danyele Besserer who is a musician from the group Au gré des Vents, a band from Alsace, France. Danyele researches old music and dance forms from Alsace and other parts of France.



# Merak Chocek

**a.k.a. Chocek Za Merak, Romsko Bitolsko Oro**  
**Macedonian/Roma**  
**Open Circle**  
**2/4 meter**

## **Translation: Impassioned Chocek**

Chocek is the generic name for the dances from the Roma (Gypsy) communities in Macedonia. Paul Mulders learned this particular one in Bitola in the 1980s. He originally identified it as "Romsko Bitolsko oro," until he found this stunning music from the band "Mladi Talenti" (Young Talents). "Merak" means great love or passion, so Chocek za merak is the impassioned Chocek. It has also been taught by Michael Ginsburg. - The word Chocek means "little camel" and is a reference to male courtesans and dancing boys in Ottoman times.

# Syrtos Kalamatianos

**Greek**

**Open Circle**

**7/8 meter (SQQ)**

**Translation: to pull or to drag the dance**

This is the Syrtos as played and danced in Kalamata (7/8) and has been in the IFD community forever and is a folk dance in which dancers link hands to form a chain or circle, headed by a leader who intermittently breaks away to perform improvised steps. Syrtos and Syrtos Kalamatianos are the most popular dances throughout Greece and Cyprus, and are frequently danced by the Greek diaspora worldwide. Syrtos and Kalamatianos use the same dance steps, but the syrtos is in 2/4 time and the Kalamatianos is in 7/8 (SQQ).

# Mindrele

Romanian/Oltenia

Open Circle

6/8 meter counted variously as the following:

(Q= quick, s = Slow, S = Slower)

Translation: Pretty girl

This version of the dance was introduced to the IFD community by Sunni Bloland, whose notes say that the dance was traditionally danced by "older women", but the dance name means "pretty girl". The dance is from the town of Obirsia in Dolj, Oltenia. . There is another faster version of the Mindrele commonly done by folk dancers that was introduced by Mihai David.

# Strumička Petorka

**Macedonian**

**Open circle**

**5/4 meter**

**Translation: Dance in 5s from Strumica**

This dance was arranged and introduced to the IFD community by Bora Gajički in the middle 1970s.

**Leigh Holden – Denver Area, CO**

# Sandansko Horo

**Bulgarian/Pirin**

**Open Circle**

**9/16 + 9/16 + 2/4 + 2/4 meter (QQQS + QQQS + Q + Q)  
or 9/16 + 13/16 (QQQS + QQSQQ)**

**(9/16 = Daychovo – 13/16 = Krivo Sadovsko)**

**Translation: Dance from Sandanski**

This dance was introduced to the IFD community by Yves Moreau in 1969. This dance comes from the area around the town of Sandanski in Pirin in Southwest Bulgaria.

Most Bulgarians I have spoken with about a dance called Sandansko think about an eight-measure dance in 7/8 (SQQ) meter that that they also know as Maleshevsko, Chetvorno, Blagojevgradsko and Megdansko, among other names.

# Zaplanjski Čačak

Serbian

Open Circle

2/4 meter

**Translation:** Čačak dance from the area of Zaplanje

Čačak is a city and the administrative center of the Moravica District in central Serbia. There are many dances from this area that have a similar structure and pattern and common characteristic of 10-measures. Dick Crum found a dance from the Svrljig-Zaplanje area that was 12-measures but that had a similar structure to the 10-measure dances from the area. .

# **Dedo Mile Dedo**

**Macedonian**

**Open Circle**

**4/4 meter**

**Translation: Grandpa, Dear Grandpa**

This dance was introduced by Atanas Kolarovski who learned it from Ljupka Kolorova. The dance apparently originates from Gradmanci in Kumanovo.



# **Serbež Donka**

**Macedonian (Eastern)**

**Open circle**

**7/8 (QQS)**

**Translation: Serbian ? Donka is a girl's name**

This dance was introduced to the IFD community by Steve Kotansky and is a traditional song sung and played by many well-known Macedonian musicians and singers including Ivan Terziev, Sonata and Toše Procski. Steve learned this 8 measure dance, similar to other Eastern and Central Macedonian dances (in the Maleshevsko family) from Sasko Anastasov of Veles, Macedonia.

# **Alunelul de la Bailești**

**Romanian**

**Open Circle**

**2/4 meter**

**Translation: Little hazlenut tree from Bailești  
(town)**

This dance was introduced to the IFD community  
Sunni Bloland who learned it from Puiu Vasilescu in  
Bucharest.

# **Announcements – 3**

# **A few of Paul's Favorite Dances**

# Serbian Medley # 5

Serbian  
Open Circle  
2/4 meter

**Dances: Savila Se Bela Loza, Zaplanjski Čačak and Five Variation Čačak**

This dance was never widely introduced to the IFD community in general, but was introduced to Chicago area dancers by Jim Popson, Don Davidson and Steve Sachs.

The dance got its sequence number here because it was introduced sometime after the “official” Michael Herman recording of Serbian Medley #4. The music is from an actual recording from a performance of a Serbian Suite of Dances done by the Duquesne University Tamburitians. The recording was made by Jim Popson with permission from Nick Jordanoff.

# Ovchepolska Potrchulka

**Macedonian**

**Open Circle**

**2/4 meter**

**Translation: “Broken” Dance from Ovchepole area?**

(Potrchano, another Macedonian dance, translates into “broken” in Bulgarian)

(maybe dance with interruptions as there are in this dance)

This dance from the Ovchepole region was introduced to the IFD community by Pece Atanasovski. Other popular dances from this area include Ovchepolsko Oro and Ovchepolska Osagovka and Ovchepolsko.

# **Programmed & Request Dances - 4**

# Preskachanka

**Bulgarian**

**Open Circle**

**5/8 meter (QS)**

**Translation: To skip**

This dance was introduced to the IFD community by Yves Moreau. It is a Pajduško variation from Gecovo in NE Bulgaria done by the Kapanci people.



# Zagorisios

**Greek/Epirus**

**Open Circle**

**5/4 meter (1-2-3-4-5)**

**Translation:** Dance from Zagoria

This dance was introduced to the IFD community by Dennis Boxell, Athan Karras, Dimitri Tashie, Yannis Konstantinou, Joe Graziosi and other Greek dance teachers. It has an unusual 5/4 rhythm found in Epirus and in Albania. It was originally a men's dance.

# **Sedi Donka**

**a.k.a. Sedi Dimka, Sedi Petko**

**Bulgarian**

**Open circle**

**7/8 meter + 11/16 meter (SQQ + QQSQQ)**

**Translation: Donka (girl's name) is sitting**

This dance was introduced to the IFD community by Dick Crum in the late 1960s and is a compound of the Chetvorno rhythm (7/8) and Kopanica/Gankino rhythm (11/16).

# Fatiše Kolo

a.k.a. Vranjsko Kolo, Kolo from Vranje

South Serbian/Vranje

Open Circle

9/8 meter (QSQQ)

**Translation: The girls from Vranje join hands in the dance (kolo)**

Versions of this dance were introduced to the IFD community by Anatol Joukowsky and Dick Crum. This recording is by the Kolo Ensemble. The melody of "Fatiše kolo vranjske devojke" was used by the Serbian composer Petar Konjović in his opera "Koštana".

# Vlashko

**Bulgarian/Vlach**

**Open Circle**

**2/4 meter**

**Translation: of the Vlach people**

There are many dances from the Vlach diaspora in South Eastern Europe called Vlashko. This version of the dance was introduced to the IFD community by Yves Moreau.

# Orijent

Serbian

Open Circle

2/4 meter

**Translation: Along the route of the Orient Express**

This dance was introduced to the IFD community by Dick Crum and is an arrangement of dance steps typical of Roma communities living in along the route of the Orient Express as it traveled through former Yugoslavia. Per California Folk Dance Federation notes, Parts 1 and 3 were observed by Dick Crum on Easter Sunday in the town of Železnik in 1954. Part 2 was learned in a Coffee house in Belgrade. The steps are related to steps in the dance Ciganski Orient.

# **At Va'Ani**

**Israeli**

**Closed circle**

**4/4 meter**

**Translation: You and me**

This dance was choreographed and taught by Danny Uziel in 1962. Music is by Ami Gilad/Nurit Hirsh, and lyrics are by Nechemia Sharabi.

# **Sarajevka Kolo**

**Serbian**

**Open Circle**

**2/4 meter**

**Translation: Dance (kolo) of Sarajevo**

This dance was introduced to the IFD community by Dick Crum and John Filcich. This version is played by the famous Dave Zupkovich Tamburitza Orchestra.

# Belasichko Oro

**Macedonian**

**Open Circle**

**2/4 meter**

**Translation: Dance [oro] from the Belasića area**

This dance was arranged and introduced to the IFD Community by Atanas Kolarovski. The name of the dance refers to the mountain Belasića, near the town of Strumića in Macedonia. Atanas' original notes say the steps are reflective of the footwork done by the shepherds in this mountainous terrain.



# Last Dance Set

# Nyandolo

**Kenyan**

**Individuals in Circle or Semi-Circle**

**4/4 meter**

**Translation: Lullaby**

The popular Kenyan lullaby song Nyandolo is sung throughout Kenya and neighboring areas of the Luo people in multiple languages, including Swahili, Oluluhya, Dholuo and Luo as well as in other Bantu dialects spoken in the region. Its meaning is sleep, baby go to sleep, which is a universal concept/ritual across most of Kenya, regardless of the language or ethnic group. This song was recorded commercially and made popular by the singer Ayub Ogada. The movements we know are probably authentic but the origin of the dance we do is unknown. I have corresponded about this song and dance with Dr. Fred Atoh, University of Nairobi, Kenya.

# Legnala Dana

**Macedonian**

**Open Circle**

**7/8 meter (SQQ)**

**Translation: ?**

Sfarlis was introduced to the IFD community by Dennis Boxell and Dimitri Tashie, and more recently revisited/corrected by Kyriakos Moisidis. It comes from the village of Bana and was first learned by Dennis from Ioanna Papantoniou who documented it during a Macedonian Dance Festival in Florina. According to Dennis' research, "Sfarlis" is a Hellenization of the Bulgarian word "izfurli" meaning to hurl or throw out.



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*Fridays, 8:00pm-11:00pm CDT*

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