

BELASIČKO

(Macedonia)

Belasičko (Bell-ah-SEETCH-koh) is a line dance, and comes from the town of Strumiea. It is named for a nearby mountain, Belasica. The ftwork is influenced by the rocky terrain. The dance is done by the shepherds in the area. It was introduced by Atanas Kolarovski at University of the Pacific Folk Dance Camp, 1968.

MUSIC: Record: "Dances of Yugoslavia", WRS 768, Side 2, Band 1
Worldtone WT 10003 A (45)

FORMATION: Broken circle, leader at R end, hands joined and held down. When originally danced, M and W did not join hands, but held a handkerchief between them. Today, usually only the leader holds a handkerchief in his hand and uses it to signal when changing from one dance pattern to the next.

STEPS AND
STYLING: Walk*, run*, step-close*
Body is held erect but relaxed. The bouncy character of the steps is reflected throughout the body. When directions say to step on the heel, it does not mean that the toes are pointing in the air. Ball of ft is on, or close to, the floor, but the heel is bearing the weight.

NOTE: Music on record consists of 4 melodies, each one repeated. Since dance patterns are changed according to the whims of the leader, 1st step is not necessarily done to melody A.

MUSIC 2/4

PATTERN

Measures

NO INTRODUCTION

I. STEP-PATTERN ONE

- 1 Facing slightly to R of ctr, and moving LOD, step on R heel (ct 1). Close L to R, taking wt (L instep to R heel, knees bent and apart (ct 2)).
- 2 Step on R heel in LOD (ct 1), close L to R (ct &).
NOTE: This is same as meas 1, but twice as fast. Step on R heel in LOD (ct 2), bend R knee (ct &).
- 3 Still moving LOD, repeat action of meas 2, but with opp ftwork.
- 4 Turning to face ctr, step on R to R (ct 1), bend R knee (ct &). Lift L leg in front of R, knee bent, at same time straightening R knee (ct 2); bend R knee (ct &).
- 5-8 Repeat action of meas 1-4, but with opp ftwork, and moving in RLOD.

II. STEP-PATTERN TWO

- 1 Facing ctr, raise joined hands to shoulder height, elbows bent, and step to R on R heel (ct 1); step on L across in back of R, bending L knee (ct 2).

- 2 Step to R on R heel (ct 1), step on L across in back of R (ct &) (same as meas 1, Fig II, but twice as fast). Step to R on R (ct 2), lift L leg, knee bent, beside R (ct &) (R knee bends during this small, low lift).
- 3 Step L beside R, lifting R leg, knee bent, beside L (ct 1). Raise and lower L heel as lower leg is extended fwd a little (ct 2).
- 4 Repeat action of meas 3, Fig II, but with opp ftwork.
- 5-8 Repeat action of meas 1-4, Fig II, but with opp ftwork, and moving in RLOD.

III. STEP-PATTERN THREE

- 1 Bringing hands down, and turning to face LOD, step fwd R (ct 1). Bring L leg to R so that L ankle is behind R calf, L knee turned out. At same time R knee bends sharply and body leans fwd from hips (ct 2).
- 2 Turn quickly to face RLOD and step fwd (RLOD) L, R, L (cts 1, &, 2), hold (ct &).
- 3 Still moving RLOD, step fwd R (ct 1). Raise L leg (knee bent) in front of R (ct 2) as R heel is raised and lowered.
- 4 Move fwd RLOD with 3 small running steps, L, R, L (cts 1, &, 2), hold (ct &).

IV. STEP-PATTERN FOUR

- 1 Facing ctr and with joined hands held down, step fwd R (twd ctr) in front of L, lifting L leg off floor in back of R, and bending body slightly fwd from hips (ct 1). Step on L behind R, bringing body to erect position and raising joined hands to shoulder height (ct 2).
- 2 Step on R beside L (ct 1). Raise L leg, knee bent, in front of R (ct 2). NOTE: No heel lift here.
- 3 Bend R knee, at same time turn L knee out to L (ct 1). Straighten R knee, return L knee to position as in meas 2, Fig IV (ct 2).
- 4 Still facing ctr, step L, R, L in place (cts 1, &, 2) hold (ct &).