

Na Šupelka

(Macedonia)

This dance is from Sveti Nikole. This is a wedding dance with large, high steps but also has optional deep knee bends.

Pronunciation: nah SHOO-pehl-keh

Cassette: Makedonski Narodni Pesni i Ora Side A/3

Rhythm: 11/16 (1 2 3 4 5)

Formation: Mixed line hands joined in V-pos.

Styling: All lifts are bounces. Deep knee bends can replace fwd steps, especially in Fig I, meas 1 and 2 (ct 3).

Meas

Pattern

Introduction: None. On the tape, Atanas waited 4 meas and began with Fig I, meas 5.

FIGURE I

- 1 Facing LOD, step fwd on R,L (cts 1,2); step fwd on R (ct 3); hop on R (ct 4); step fwd on L (ct 5).
- 2 Hop on L (ct 1); step fwd on R (ct 2); step fwd on L (ct 3); small leap fwd on R (ct 4); step on L next to R (ct 5).
- 3-4 Repeat meas 1-2.
- 5 In W-pos, step fwd on R (cts 1,2); step fwd on L and face ctr (ct 3); lift on L, bring R knee up fwd and face ctr (cts 4,5).
- 6 Step on R next to L (cts 1,2); lift on R, bringing L knee up (ct 3); step on L next to R (ct 4); step on R next to L (ct 5).
- 7-8 Repeat meas 5-6 with opp ftwk and direction.
- 9-12 Repeat meas 5-8 one more time.
- 13-24 Repeat meas 1-12.

FIGURE II

- 1 In W-pos, moving to LOD, lift on L (ct 1); step fwd on R (ct 2); step fwd on L (ct 3); lift on L (ct 4); step fwd on R (ct 5).
- 2 Repeat meas 1 with opp ftwk and direction.
- 3 Facing ctr, step on R diag twd ctr (ct 1); step on L behind R (ct 2); step on R diag to R (ct 3); step fwd on L (ct 4); step back on R (ct 5).
- 4 Hop on R (ct 1); step on L behind R (ct 2); step on R behind L (ct 3); hop on R (ct 4); step on L in front of R (ct 5).
- 5-8 Repeat meas 1-4.

FIGURE III

- 1-2 Repeat Fig I, meas 1-2.
- 3 Facing ctr, slightly bend fwd, bringing arms slightly fwd, half step on R to R (ct 1); step on L in place (ct 2); step on R next to L (ct 3); half step on L to L (ct 4); step on R in place (ct 5).

Na Šupelka—continued

- 4 Hop on R (ct 1); step on L behind R (ct 2); step on R to R and face LOD (ct 3); hop on R (ct 4); step fwd on L (ct 5).
- 5-16 Repeat meas 1-4 three more times.

FIGURE IV

- 1 Facing LOD, step fwd on R (cts 1,2); step fwd on L (ct 3); lift on L and face ctr, bringing R ft next to L calf (cts 4,5).
- 2 Repeat meas 1.
- 3 Step on R in place and face ctr (cts 1,2); lift on R and bring L knee up in front (ct 3); lift on R again and bring L ft from front to back (cts 4,5).
- 4 Step on L behind R (cts 1,2); lift on L, bringing R knee up in front (ct 3); leap on R next to L and face LOD (ct 4); step on L in place (ct 5).
- 5-16 Repeat meas 1-4 three times.

FIGURE V

- 1-4 Repeat Fig I, meas 1-4.
- 5 Bringing hands to W-pos, facing ctr, step on R to R (ct 1); step on L next to R (ct 2); step on R to R (ct 3); step on L in front of R (cts 4,5).
- 6 Lift on L (ct 1); step on R to R (ct 2); lift on R, bringing L knee up in front (ct 3); step on L next to R (ct 4); step on R in place (ct 5).
- 7-8 Repeat meas 5-6 with opp ftwk and direction.
- 9-12 Repeat meas 5-8.

FIGURE VI

- 1-4 Repeat Fig I, meas 1-4.
- 5 Repeat Fig V, meas 5, but make one full turn CW on cts 3, 4, 5. Hands on waist.
- 6 Repeat Fig V, meas 6, with turn.
- 7-8 Repeat meas 5-6 with opp ftwk and direction.
- 9-12 Repeat meas 5-8.

FIGURE VII

- 1-8 Repeat Fig II.

Presented by Atanas Kolarovski
 Dance notes by Fusae Senzaki
 © 1997 by Fusae Senzaki