

Rekansko

(Macedonia)

Rekansko (REH-kahn-skob), from the region of Ovcepole-Stipsko, was taught at the 1987 University of the Pacific Folk Dance Camp, by Atanas Koltrovski. It has an interesting combination of meters.

MUSIC: AK-013 Side B/2 11/16 and 7/16 meter

FORMATION: Circle of dancers, facing ctr, hands joined "W" pos.

RHYTHM: 7/16 (a short measure) usually counted as S S Q S.
11/16 (a long measure) usually counted as 7/16 + 4/16 or S S Q S + S S.

STEPS: Run: (7/16) Face and move LOD: Step fwd R on R (S), step fwd on L (S), slight leap fwd onto R (Q), step fwd on L (S). Can be done in opp direction (with opp ftwk.)

Pas-de-basque: Face ctr, step R to R - how this step fits into the counts will be described with the figures (S, S); step on L in front of R (Q), step back to place on R (S). The last two steps (cross, step) remain consistent throughout the dance.

Grapevine: Face ctr, leap onto L to L (S), step onto R in front of L (S), step onto L to L (Q), step back on R (S). (Some other versions will be described in the text.)

Refrain: Face ctr, hop on R (S), step on L behind R (S), small leap onto R to R (Q), small leap onto L across R (S).

STYLE: Light, with flexible knees. As the music gets faster, extra little hops and skips are frequently inserted. In particular, on the Refrain during Figs V and VI, kick the L fwd on the first hop, and add a second, very small hop on the upbeat, just before stepping onto the L behind. On Fig IV, Atanas frequently did a double turn.

MUSIC 11/16 + 7/16

PATTERN

Measures

INTRODUCTION: Begin after zurna solo.

I. STEP-HOPS Long-Long-Long-Short-Short (x2)

- 1 Run, beg R (SSQS), step fwd on R, turning to face ctr (S), hop on R with L raised in front (S).
- 2 Repeat meas 1 in opp dir with opp ftwk.
- 3 Face ctr, step onto R to R, but leave some wt on L (S), put rest of wt onto R ft (S), Pas-de-basque ending (QS), hop on R in place (S), step onto L beside R (ct S).
- 4 Hop on L (S), step on R to R (S), Pas-de-basque ending (QS).
- 5 Refrain.
- 6-10 Repeat meas 1-5.

II. HOLD Short-Short-Short-Short (x4)

- 1 Run, beg R.
- 2 Face ctr, step on R to R (S), hold (S), Pas-de-basque ending (QS). (Variation: Step to R on R heel (S), bring ball of R ft down, with accent (S), Pas-de-basque ending (QS).)
- 3 Grapevine.
- 4 Refrain.
- 5-16 Repeat meas 1-4 three more times.

III. TRIPLES Short-Long-Short-Short (x2)

- 1 Run, beg R.
- 2 Running step on R to R (Q), running step on L to R (Q) running step on R to R, facing ctr (S), Reel step (with hop at end) as follows: lift on R (Q), step slightly back on L (S), lift on L (Q), step slightly back on R (Q), hop in place on R (S).
- 3 Facing diag L, hop on R (Q), step on L to L (Q), step on R across L (S), Grapevine ending (QS).
- 4 Refrain.
- 5-8 Repeat meas 1-4.

IV. TURNS Long-Long-Long-Short-Short (x2)

- 1 Run, beg R (SSQS), take 3 running steps, RLR, turning to face RLOD (QQS).
- 2 Run, beg L, moving RLOD (SSQS), turning to face ctr, step onto L to L (Q), step R next to L (Q), step L beside R (S).
- 3 With wt on both ft, bounce 3 times in place (QQS), Pas-de-basque ending (QS), hop on R (S), step L next to R (S).
- 4 With wt on both ft, bounce 3 times in place (QQS), Pas-de-basque ending (QS).
- 5 Dance the Refrain while turning CCW in place, turning entirely on the hop-step (S-S).
- 6-10 Repeat meas 1-5.

TRANSITION - Short

- 1 Run, beg R.

V. STEP-BEHIND Short-Short-Short-Short (x6)

- 1 Run, beg R.
- 2 Face ctr, step R to R (Q), step L behind R (Q), step R to R (S), Pas-de-basque ending (QS).
- 3 Grapevine.
- 4 Refrain.
- 5-24 Repeat meas 1-4 five more times.

VI. ENDING Short-Long-Short-Short (x2)

- 1 Run, beg R
- 2 Repeat Fig V, meas 2 (QQSQS), hop on R in place (S), step on L next to R (S).
- 3 Repeat Fig I, meas 4.
- 4 Refrain.
- 5-8 Repeat meas 1-4.

- Most long measures end in hop-step or step-hop. (The exception is in Fig IV, where the first two measures end with three quick running steps.)
- Figs II and V are essentially the same, with slight variations in the Pas-de-basque.
- There are essentially only four steps in this dance (plus meas 2 of Fig III). We have called them *RUN*, *PAS-DE-BASQUE*, *GRAPEVINE*, and *REFRAIN*. They are described above, under "STEPS".

CUE SHEET: (L is for Long measure, 11/16 rhythm. S is for Short measure, 7/16 rhythm.)

I. STEP-HOPS LLLSS (x2)

- 1 RUN + STEP-HOP
- 2 Repeat meas 1 opp
- 3 HALF-STEP PAS-DE-BASQUE + HOP-STEP
- 4 HOP-STEP PAS-DE-BASQUE
- 5 REFRAIN
- 6-10 Repeat meas 1-5.

II. HOLD SSSS (x4)

- 1 RUN
- 2 HOLD PAS-DE-BASQUE or HEEL-FLAT PAS-DE-BASQUE
- 3 GRAPEVINE
- 4 REFRAIN
- 5-16 Repeat meas 1-4 three more times.

III. TRIPLES SLSS (x2)

- 1 RUN
- 2 TRIPLE-STEP + HOP-STEP + STEP-HOP
- 3 HOP-STEP-STEP GRAPEVINE
- 4 REFRAIN
- 5-8 Repeat meas 1-4.

IV. TURNS LLLSS (x2)

- 1 RUN + TRIPLE-STEP (TURNING)
- 2 Repeat meas 1 opp
- 3 TRIPLE-BOUNCE PAS-DE-BASQUE + HOP-STEP
- 4 TRIPLE-BOUNCE PAS-DE-BASQUE
- 5 REFRAIN WITH TURN
- 6-10 Repeat meas 1-5.

TRANSITION - S

- 1 RUN

V. STEP-BEHIND SSSS (x6)

- 1 RUN
- 2 STEP-BEHIND PAS-DE-BASQUE
- 3 GRAPEVINE
- 4 REFRAIN
- 5-24 Repeat meas 1-4 five more times.

VI. ENDING SLSS (x2)

- 1 RUN
- 2 STEP-BEHIND PAS-DE-BASQUE + HOP-STEP
- 3 HOP-PAS-DE-BASQUE
- 4 REFRAIN
- 5-8 Repeat meas 1-4.

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HINTS:

Rekansko is a long and involved dance. It is hard to remember the details of the steps, partly because they don't have names. In an attempt to help dancers remember the sequences, we have attached names to each of the steps and figures. Some other things that may help:

- All figures begin with a Run and end with a Refrain. Whenever there is a Grapevine, it is always directly followed by the Refrain.

- Rhythmic Structure - calling 11/16 "L" (for long) and 7/16 "S" (for short), the figures have the patterns:

I and IV: LLLSS

II and V : SSSS

III and VI: SLSS

- The second measure of Figure III is the most difficult to teach. It may be easier to think of the first Triple-step as part of the preceding measure, even though this is technically incorrect.

- Most long measures end in hop-step or step-hop. (The exception is in Fig IV, where the first two measures end with three quick running steps.)

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- There are essentially only four steps in this dance (plus meas 2 of Fig III). We have called them *RUN*, *PAS-DE-BASQUE*, *GRAPEVINE*, and *REFRAIN*. They are described above, under "STEPS".