

Veselka

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VFSELKA
(Macedonia)

Title translates "For the Happy People".

Pronunciation: veh-SEL-kah

Rhythm: 7 12 34 5 67
 8 meter, counted S S Q S

Formation: Men and women in an open circle, little fingers joined. Arms start down. When moving LCD in Fig. I, arms swing out and up to shoulder height, behind shoulders, pushing chest fwd slightly. When moving RLCD in Fig. I, arms swing out and down and slightly back. Both movements are very free and relaxed. In Fig. I, body turns slightly in direction of movement.

Pattern

Meas.

I.

- 1 Facing center, moving LCD, weight on L; hop on L, with R knee raised (ct S); step R (ct S); step L across in front of R (ct Q); step R back in place (ct S).
- 2 Repeat action of meas. 1, opp ftwk.
- 3-8 Repeat action of meas. 1-2, three more times.

II. *

- 1 Facing and moving LCD, same pattern as Fig. I. but moving fwd: hop on L, with R knee raised (ct S); step R fwd (ct S); step L across in front of R, kicking L foot out to side and turning L knee in slightly (ct Q); step R across in front of L, kicking R foot out to side and turning R knee in slightly (ct S). (Arms move in opposition to feet, as in running.)
- 2 Repeat action of meas. 1, opp ftwk.
- 3-8 Repeat action of meas. 1-2.

III. Optional Men's Turn.

- 1 Squat (ct S); slight jump to both feet, standing, braced in anticipation of turn (ct S); hop onto L foot, raising R knee, making one complete turn to the R in the air during the hop (ct Q); R foot closes with a stamp (ct S).
- 2 Repeat action of meas. 1, opp ftwk.
- 3-4 Repeat action of meas. 1-2.
- 5-8 Repeat action of Fig. I, meas. 1-4. (Women do Fig. I while men are turning.)

*Fig. II can also move RLCD: do nine measures of Fig. I, then do measures 2-8, of Fig. II.

Possible combination: I II; I II; I II; I II III; II I.

Presented by Circa Despotovic.

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- 4x I. up - down - up - down (to R) rhythm: S S O S
(hop - step - cross - step)
reverse
arms go up and down: when up, push chest out
body turns slightly in direction you're moving
- 8x II. LOD with twist. (or RLCD, as called)
- 4 turns III. Guys' Turns (Women do Fig. I)
down
brace
hop onto L, R raised, turn to R
stamp
Reverse

11 complete phrases of 8 measures. Leader can call direction in Fig. II.