

## **CHETVORNO**

**Rhythm 7/16 b – SQQ**

**From Shopluk folk area**

This is one of the most favorite and popular dances from Shopluk. Most of the authentic variations of CHETVORNO are HDS – “Dance in 2 sides”- what you dance to the right side in the circle, you repeat the same movements to the left side with opposite footwork.

It is a mixed, an open circle dance with hands on the belts. The dance has 3 figures.

**Attention!!!** Every figure has 5 meas. to R side in the circle, 5 meas. to L side, 2 meas. toward center, 2 meas. in place and 2 meas. backward.

**Figure 1 – 16 meas. – “Basik” (“Osnovna”)**

**Meas.1 – facing R side in the circle**

- 1.Step on Rftfwd to R side
- 2.Hop on R ftfwd to R side
- 3.Step on L ftfwd to R side

Meas.2 – same as Meas.1

**Meas.3 – facing center**

- 1.Big step on R ft to R side
- 2.Close L ft next to R ft
- 3.Hold (Pause)

Meas.4 – same as Meas.3, but with the other foot and to L side

Meas.5 – same as Meas.3

Meas.6 to 10 – same as Meas.1 to 5, but with **opposite footwork and to L side in the circle**

**Meas.11 – facing center**

- 1.Click on R ft down, next to L ft – “Hlopka”
- 2.Hop on L ftfwd-toward center
- 3.Step on R ftfwd

**Meas.12 – facing center and forward**

- 1.Click on L ft down, next to Rft – “Hlopka”
- 2.Hop on Rftfwd-toward center
- 3.Step on L ft **in front** of the R ft

**Meas.13 – facing center – in place – “Sovay” or “Sovalka”**

- 1.Step on R ftbkwd, while L heel is turning to R side. The L toes **must be** on the floor!!!!
- 2.Step on L ftbkwd – next to R ft
- 3.Step on R ftfwd – **in front** of L ft

Meas.14 – same as Meas.13, but with the other foot

**Meas.15 – facing center and backward**

- 1.Step on R ftbkwd
- 2.Hop on R ftbkwd
- 3.Step on L ftbkwd

**Meas.16 – facing center**

- 1.Big step on R ftbkwd
- 2.Close L ft next to R ftbkwd
- 3.Hold (Pause)

## **CHETVORNO**

### **Figure 2 – 16 meas.-“Lazhi”(“Lie”)**

#### **Meas.1 – facing R side in the circle**

- 1.Step on R ftfwd to R side
- 2.Hop on R ftfwd to R side
- 3.Step on L ftfwd to R side

Meas.2 – same as Meas.1

#### **Meas.3 – facing center – in place – “Sovay” or “Sovalka”**

- 1.Step on R ftkwd, while L heel is turning to R side. The L toes **must be** on the floor!!!!
- 2.Step on L **ftin place**
- 3.Step on R ft **in place** – behind L ft

#### **Meas.4 – facing center**

- 1.Step on L **ftbkwd** – apart from R ft
- 2.Step on R **ftin place**
- 3.Step on L ftfwd – **in front** of R ft

#### **Meas.5 – facing center – in place – “Sovay” or “Sovalka”**

- 1.Step on R ftkwd, while L heel is turning to R side. The L toes **must be** on the floor!!!!
- 2.Step on L ftkwd – next to R ft
- 3.Step on R ftfwd – in front of L ft

Meas.6 to 10 – same as Meas.1 to 5, but with **opposite footwork and to L side in the circle**

**Meas.11 to 16 – same as Meas.11 to 16 from Figure 1**

### **Figure 3 – 16 meas.-“Brasni” (“Brush”)**

#### **Meas.1– facing R side in the circle**

- 1.Brush R toes from fwd to bkwd, while hopping on L ftfwd to R side
- 2.Hop on L ftfwd to R side
- 3.Step on R ftfwd to R side

Meas.2 – same as Meas.1, but with L ftfwd to R side

#### **Meas.3 – facing center – in place – “Sovay” or “Sovalka”**

- 1.Step on R ftkwd, while L heel is turning to R side. The L toes **must be** on the floor!!!!
- 2.Step on L ftkwd – next to R ft
- 3.Step on R ftfwd – **in front of L ft**

Meas.4 – same as Meas.3, but with the other foot

Meas.5 – same as Meas.3

Meas.6 to 10 – same as Meas.1 to 5, but with **opposite footwork and to L side in the circle**

**Meas.11 to 16 – same as Meas.11 to 16 from Figure 1**

### **Sequence:**

Introduction – 4 meas.

Figure 1 – 16 meas.- 1 time;

Figure 2 – 16 meas. – 1 time;

Figure 3 – 16 meas. – 1 time. Alternate the figures in this way to the end of the melody.

