

# Capkan Dimco

*Source:* Atanas Kolarovski    *Presented by:* Olga Sandolwich @ Maine Folk Dance Camp 1990, re-presented by Sandy Starkman @ Maine Folk Dance Camp, 1991    *Formation:* Mixed lines, arms in V position for walking part, otherwise W position.

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## Measure

- 1      Facing and moving CCW. 3 walking steps - R, L, R,  
2 quick steps - L, R
  
- 2      REPEAT measure 1 with opposite footwork
  
- 3      Facing slightly R of center, arms in W, step on R to R;  
hop on R in place;  
step on L across R;  
step on R and lift L knee up in front
  
- 4      REPEAT measure 3 with opposite footwork  
and direction
  
- 5      Facing center arms in W, 3 steps in place - R, L, R;  
3 steps in place - L, R, L (slow, quick, quick)
  
- 6      REPEAT measure 3
  
- 7      REPEAT measure 5 with opposite footwork (L, R, L)  
and (R, L, R)
  
- 8      REPEAT measure 4