

# BELASICKO

*History:* Belasicko is a line dance and comes from the tow of Strumiea. It is named for a nearby mountain, Belasica. The footwork is influenced by the rocky terrain. The dance is done by the shepherds in the area. It was introduced by Atanas Kolarovski at University of the Pacific Folk Dance Group, 1968.

*Formation:* Broken circle, leader at R end, hands joined and held down. When originally danced, M and W did not join hands, but held a handkerchief between them. Today, usually only the leader holds a handkerchief in his hand and uses it to signal when changing from one dance pattern to the next.

*Steps and Styling:* Walk - run - step-close

Body is held erect but relaxed. The bouncy character of the steps is reflected throughout the body. When directions say to step on the heel, it does not mean that the toes are pointing in the air. Ball of foot is on, or close to, the floor - but the heel is bearing the weight.

NOTE: Music on recording consists of 4 melodies, each one repeated. Since dance patterns are changed according to the whims of the leader, 1st step is not necessarily done to melody A. *Music:* 2/4

<u>Measure</u>	<u>No Introduction</u>
	<b>Step - PATTERN ONE</b>
1	Facing slightly to R of center, and moving LOD, step on R heel (count 1) Close L to R, taking weight (L instep to R heel, knees bent and apart) (count 2)
2	Step on R heel in LOD (count 1), close L to R (count &) <i>NOTE: This is the same as measure one, but twice as fast.</i> Step on R heel in LOD (count 2), bend R knee (count &)
3	Still moving LOD, repeat action of measure 2, but with opposite footwork
4	Turning to face center, step on R to R (count 1), bend R knee (count &) Lift L leg in front of R, knee bent, at same time straightening R knee (count 2), bend R knee (count &)
5-8	Repeat action of measures 1-4, but with opposite footwork, and moving in RLOD.
	<b>Step - PATTERN TWO</b>
1	Facing center, raise joined H to shoulder height, elbows bent, step to R on R heel (count 1) Step on L across in back of R, bending L knee (count 2)
2	Step to R on R heel (count 1), step on L across in back of R (count &) <i>NOTE: This is the same as measure one, but twice as fast.</i> Step on R to R (count 2), lift L leg, knee bent, beside R (count &) (R knee bends during this small, low lift)



# ...BELASICKO CONTINUED

## Step - PATTERN THREE

- 1 Bringing H down, and turning to face LOD, step FWD R (count 1)  
Bring L leg to R so that L ankle is behind R calf, L knee turned out. At the same time R knee bends sharply and body leans FWD from hips (count 2)
- 2 Turn quickly to face RLOD and step FWD (RLOD) L, R, L (counts 1, &, 2)  
Hold (count &)
- 3 Still moving RLOD, step FWD R (count 1)  
Raise L leg (knee bent) in front of R (count 2) as R heel is raised and lowered
- 4 Move FWD RLOD with 3 small running steps - R, L, R (counts 1, &, 2)  
Hold (count &)

## Step - PATTERN FOUR

- 1 Facing center and w/joined H held down, step FWD R (toward center) in front of L, lifting L leg off floor in back of R, and bending body slightly FWD from hips (count 1)  
Step on L behind R, bringing body to erect position and raising joined H to shoulder height (count 2)
- 2 Step on R beside L (count 1)  
Raise L leg, knee bent, in front of R (count 2) *NOTE: No heel lift here.*
- 3 Bend R knee, at same time turn L knee out to L (count 1)  
Straighten R knee, return L knee to position as in measure 2, FIG. 4 (count 2)
- 4 Still facing center, step L, R, L in place (counts 1, &, 2)  
Hold (count &)