

Staro Planinsko Kolo

East Serbia

Source: Janković Sisters, Beograd
Pronunciation: STAH-roh PLAH-noon-shoh KOH-loh
Rhythm: 2/4
Style: Small bouncy steps

Formation: Open circle. Face centre, weight on left. Hands are down in "V" position.

Introduction: No action for eight measures. Dance starts after the shouts.

Figure 1: Basic

- 1 With weight on L, touch ball of R out to R (ct 1) Touch-close ball of R foot beside L (ct 2)
- 2-3 Repeat measure 1 two more times
- 4 Twist both heels to Right (ct 1). Straighten heels to face centre (ct 2).
- 5 Step forward on Right (ct 1), pause (ct 2).
- 6 Step forward on Left (ct 1), pause (ct 2).
- 7 Stamp Right next to Left (ct 1), pause (ct 2).
- 8 Stamp Right next to Left (ct 1), pause (ct 2).
- 9 Small hop on L (ct 1). Step back on R (ct 2).
- 10 Step back on L (ct 1). Step back on R (ct 2)
- 11-12 Continue moving backwards, repeat measures 9-10 with opposite footwork.

Figure 2: Stamping variation

- 1 Stamp with R next to L (ct 1), pause (ct 2)
- 2-3 Repeat measure 1, two more times
- 4 Repeat Figure 1 measure 4.
- 5 Three small running steps forward with slight back crossing to right (R-L-R): Step forward on R (ct 1), step on L behind and slightly to the right of R (ct &), step on R in same position (in front and to the left of L) (ct 2)
- 6 Repeat measure 5, opposite footwork
- 7 Repeat measure 5
- 8 Leap onto L foot (ct 1). Stamp R next to L (ct 2)
- 9-12 Repeat Figure 1 measures 9-12.

Figure 3. Stamping variation traveling in LOD

Quarter-turn to the right to face LOD

- 1 Two stamps of R foot next to L (ct 1,2)
- 2-3 Repeat measure 1, two more times
- 4-12 Repeat Figure 2 measures 4-12 facing LOD

Leader can call changes of figures at will.