

CAMCETO

(Macedonia)

Camceto (CHAHM-cheh-toe) was presented by Anatole Joukowsky at the 1956 Santa Barbara Folk Dance Conference.

MUSIC: Record: XOPO 304 "Chamcheto"; 7/8 meter.

FORMATION: Line or open circle. Usually there are separate lines for M and W. M use "T" pos and W have hands joined in "W" pos.

STYLE: Knees bend freely; M take larger steps and make bigger knee movements than W.

STEPS: Bounce*, lift*, hop*.

MUSIC 718

PATTERN

Measures

No introduction; beg with the first meas of music.

SLOW PART (Time 3/8 2/8,2/8)

- 1 Step on R in front of L, raising L behind R ankle (ct 1); bend R knee slightly twice to give some bounce to the step (ct 2,3).
- 2 Step back on L, raising R in front (ct 1); hold (ct 2,3).
- 3 Lift onto L toe and raise R ft higher in front so that M thigh is parallel to the floor with the foot below the knee (ct 1); hold (ct 2,3).
- 4 Step on R to R (ct 1); bring L behind R ankle (ct 2); step on L behind R (ct 3).
- 5 Step on R to R (ct 1); bounce slightly twice (ct 2,3).
- 6 Step on L behind R (ct 1); hold (ct 2,3).
- 7 Raise R behind L knee with a slight CW circling motion, lifting on L toe at the same time (ct 1); hold (ct 2,3).
- 8 Step fwd on R (ct 1); raise L high in front, lift on R toe at the same time (ct 2); hold (ct 3).
- 9 Step fwd on L raising R behind L ankle (ct 1); bounce lightly twice (ct 2,3).
- 10 Step back on R (ct 1); raise L in front (ct 2); hold (ct 3).
- 11 Swing L around behind R knee, lift on R toe (ct 1); hold (ct 2,3).
- 12 Step fwd on L (ct 1); raise R high in front, lift on L toe (ct 2); hold (ct 3).

CAMCEIO (continued)

Repeat all of the above until the break in the music, which comprises 3 meas of the FAST music, during which the dancers wait. Beg the fast part on the first beat of melody after this break.

FAST PART (Time 4/8, 3/8)

Step fwd on R (ct 1); step back on L (ct 2).

Hop on L in place, raising R in front (ct 1); step on R to R (ct &); step on L behind R (ct 2).

Step ~~on~~ on R (ct 1); step on L behind R (ct 2).

Circle R around behind L knee (ct 1); step on R beside L (ct 2).

Step on L across in front of R (ct 1); step on R in place (ct 2).

Circle L around behind R knee (ct 1); step on L beside R (ct 2).

Continue to the end of the record. This fast part is done with considerable bend applied to each step. One must be careful not to get ahead of the music, particularly when it slows a bit about halfway through.

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