

= Trojka =

トリカ

東Makedonija

Na Tri Pati, Šopkata 等とも呼ばれる。 Kriva Palanka, Istibanja 及び 東Mak. 各地
Osogovske Planine ~ Kočansko Pole

Music: $\frac{3}{4} \sim \frac{6}{8}$ Palanečke Trojka など

ハット、①、②など

I. $\begin{array}{c} \rightarrow \\ \text{R} \end{array} \begin{array}{c} \text{L} \\ \text{L} \end{array}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \begin{array}{c} \text{L} \\ \text{L} \end{array}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \text{H}, \begin{array}{c} \rightarrow \\ \text{L} \end{array} \text{H}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \text{H},$
 $\begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \begin{array}{c} \text{R} \\ \text{up} \end{array}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \begin{array}{c} \text{R} \\ \text{up} \end{array}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \text{H}, \begin{array}{c} \leftarrow \\ \text{R} \\ \text{up} \end{array} \text{H}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \text{H},$

ライン後3を巻き足す
の也可

II. $\begin{array}{c} \rightarrow \\ \text{R} \end{array} \begin{array}{c} \text{L} \\ \text{L} \end{array}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \begin{array}{c} \text{L} \\ \text{L} \end{array}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \text{L} \text{R}, \begin{array}{c} \rightarrow \\ \text{L} \end{array} \text{R} \text{L}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \text{H},$
 $\begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \begin{array}{c} \text{R} \\ \text{up} \end{array}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \begin{array}{c} \text{R} \\ \text{up} \end{array}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \text{H}, \begin{array}{c} \leftarrow \\ \text{R} \\ \text{up} \end{array} \text{H}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \text{H},$

III. $\begin{array}{c} \rightarrow \\ \text{R} \end{array} \begin{array}{c} \text{L} \\ \text{L} \end{array}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \text{L} \text{R}, \begin{array}{c} \rightarrow \\ \text{L} \end{array} \text{R} \text{L}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \text{L} \text{R}, \begin{array}{c} \rightarrow \\ \text{L} \end{array} \text{R},$
 $\begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \begin{array}{c} \text{R} \\ \text{up} \end{array}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \begin{array}{c} \text{R} \\ \text{up} \end{array}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \text{H}, \begin{array}{c} \leftarrow \\ \text{R} \\ \text{up} \end{array} \text{H}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \text{H},$

IV. $\begin{array}{c} \rightarrow \\ \text{R} \end{array} \begin{array}{c} \text{L} \\ \text{L} \end{array}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \text{L} \text{R}, \begin{array}{c} \rightarrow \\ \text{L} \end{array} \text{R} \text{L}, \begin{array}{c} \rightarrow \\ \text{R} \end{array} \text{L} \text{R}, \begin{array}{c} \rightarrow \\ \text{L} \end{array} \text{R},$
 $\begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \begin{array}{c} \text{R} \\ \text{up} \end{array}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \begin{array}{c} \text{R} \\ \text{up} \end{array}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \text{H}, \begin{array}{c} \leftarrow \\ \text{R} \\ \text{up} \end{array} \text{H}, \begin{array}{c} \leftarrow \\ \text{L} \\ \text{up} \end{array} \text{H},$

<メモ>

- 2019年にも一度紹介したが、少し動きを整理してまとめ直した。新しいStepも付加した。
- 回数はなく、Stepの違いもあいまいな自由さがあっていいので、上記の記述にあまりこだわらないように。

Atamas 2007 をアレンジ。

2025.9.10 改版の初版

Deni

= ~~Šopkata~~ 改訂 Trojka = トロイカ Istibanja 等 東Makedonija

Na Tri Pati, Trojka 等とも呼ばれる。 Kriva Palanka, Istibanja, Dramče, Radoviš, Delčevo...
Šopkata 東マケドニア各地 Osogovske Planine - Kočansko Pole

Music: u3u3 Palanečke Trojka など
3/4 or 6/8

パルタ, ①, ② など

Basic

↗	R	↖	L	↗	R	↖	L	↗↖	R	H	↗↖	L	H	↗↖	R	H	,
	①				②				③				④			⑤	
↖	L	↗	R	↖	L	↗	R	↖	L	H	↖	R	H	↖	L	H	,
(up)	⑥			(up)	⑦				⑧				⑨			⑩	

Variations

- ⑥⑦で ライのうしろを巻きこむ。
- ⑩で $\overset{\uparrow}{LRL}$, → このとき次の①②は $\overset{\rightarrow}{HRL}, \overset{\rightarrow}{HRL}$, のようにするとよい。
- ⑧⑨⑩ $\overset{(\oplus)}{LRL}, \overset{(\oplus)}{RLR}, \overset{(\oplus)}{LRL}$,

<ロメモ>

- 特に合図で一斉に変えるなど したくないのはないか。
 - 全体に細かく踏んづくと、Kopačka になっちゃう。 それもいいと思う。
- ③④ RLR, LRL, ⑥⑦ $\overset{\leftarrow}{HLR}, \overset{\leftarrow}{HLR}$,

2019.1.26 初版

Denić

⇒ 改訂 2025.9.10.
あり