Translation:

Slow dance from Macedonia

Record:

XOPO 301

Rhythm:

3/4 - 7/8

Starting Position: "W" position, line dance for men and women. In the old days men danced at the head of the line while the women joined at the end, separated from the men by a handkerchief.

Meas.		Part I Melody A
1	J	Facing slightly and moving R, step fwd on R ft (ct 1). Step fwd on L ft (cts 2,3).
2	۵	Step fwd on R ft, turning to face ctr (ct 1).
	٩	Swing L ft across in front of R leg, L knee slightly bent (cts 2,3).
3	J	Step sdwd L on L ft (ct 1).
	٩	Swing R ft across in front of L leg, R knee slightly bent (cts 2,3).
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Repeat pattern of meas. 1-3 until music changes.

Part II Melody B

1	Facing ctr, step on R ft in place (ct 1). L knee straight, tap L heel fwd and slightly L (ct 2).
	L knee straight, tap L heel directly fwd and parallel
	to R ft (ct 3).
2	Step on L ft in place next to R (ct 1).
	R knee straight, tap R heel directly fwd and slightly
	L (ct 2).
	A small leap on R ft sdwd R and slightly back (ct 3).
3	Cross and step on L ft in front and to R of R ft,
	L knee bent (ct 1).
	Step sdwd R on R ft (ct 2).
	Cross and step on L ft in back of R (ct 3).

Part III Melody C 7/8

Facing ctr, step sdwd L on L ft (ct 1).
Cross and step on R ft in back of L (ct 2).
Small leap sdwd L on L ft, bending L knee to cross and swing R ft sharply in front of L (ct 3).

continued ...

MAKEDONSKO BAVNO ORO (Cont)

- Step sdwd R on R ft (ct 1). Cross and step on L ft in back of R (ct 2).
 - J Small leap on R ft next to L in place (ct 3).
 - d. Cross and step on L ft in front and to R of R ft (ct 3&).
- 3 Step sdwd R on R ft (ct 1).
 - Cross and step on L ft in back of R (ct 2).
 - J. Small leap sdwd R on R ft, bending R knee, to cross and swing L ft sharply in front of R (ct 3).

Pattern sequence: Part I, Part II, Part II, Part III.

Description by Dennis Boxell.

Presented by Dennis Boxell