

OHRIDSKO
(Macedonia)

A traditional Macedonian dance from the regions of Resen and Bitola, it has been performed in many local festivals. In this dance men and women can either dance together or separately. The music is "Ohridsko" with arrangement by Gorji Dimcevski.

Pronunciation:

Record: AK 209

Rhythm: 11/16:  S,Q,Q,Q,Q 1,2,3,4,5

Formation: Open circle. If M dance together, use "T" pos; if W dance together use "W" pos. If mixed lines, use "W".

Meas

Pattern

IA

- 1 Facing and moving to R, lift on L (ct 1); step R (cts 2,3); čukče on R, raising bent L knee (cts 4,5).
2 Step L (ct 1); step R (cts 2,3); lift on R (ct 4); step L (ct 5).
3-4 Repeat meas 1-2.

IB

- 1 Facing ctr, in place lift on L (ct 1); lift on L (ct 2); step R to R (ct 3); step L across R (ct 4); step back to R (ct 5).
2 Repeat meas 1 with opp ftwk.
3-4 Repeat meas 1-2.
Repeat IA, IB three times.

II

- 1 Facing and moving to R, lift on L (ct 1); step R (cts 2,3); leap onto L (ct 4); step R (ct 5).
2 Step L (ct 1); step R (cts 2,3); leap onto L (ct 4); step R (ct 5).
3 Repeat meas 2 with opp ftwk.
4 Step L (ct 1); step R (cts 2,3); lift on R (ct 4); step L (ct 5).
5 Facing ctr, in place lift on L (ct 1); step R to R (cts 2,3); raise L in front of R (cts 4,5).
6 Čukče on R (ct 1); step L next to R (cts 2,3); step R in place (ct 4); step L in place (ct 5).
7-8 Repeat meas 5-6.
9-16 Repeat meas 1-8.

III

- 1-4 Repeat Fig II, meas 1-4.
5 W: Facing ctr, lift on L (ct 1); step R to R (cts 2,3); step L across R (ct 4); step back on R (ct 5).
M: Facing ctr, lift on L (ct 1); step R to R (cts 2,3); bending both knees, squat (cts 4,5).

OHRIDSKO (continued)

- 6 Making 1 CCW turn, hop on R twice (cts 1,2); step in place on L (ct 3); step R across L (ct 4); step back to L (ct 5). When turning, W place hands on waist.
- 7-8 Repeat meas 5-6.

Presented by Atanas Kolarovski