

OHRIDSKO  
Macedonia

A traditional Macedonian dance from the regions of Resen and Bitola, it has been performed in many local festivals. In this dance M and W can either dance together or separately. The music is "Ohridsko" with arrangement by Gorji Dimcevska. This dance was presented by Atanas Kolarovski at the 1982 Stockton Camp.

PRONUNCIATION: OH-reed-skoh

RECORD: AK (LP) 209, Side A, Band 5

FORMATION: Lines. If M dance tog use "T" pos; if W dance tog use "W" pos. If mixed lines use "W" pos.

RHYTHM: 11/16 counted as:  $\frac{1,2,3}{1} \frac{4,5}{2} \frac{6,7}{3} \frac{8,9}{4} \frac{10,11}{5}$

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METER: 2/4

PATTERN

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Meas

INTRODUCTION: 4 meas

FIG. I-A:

- 1 Facing and moving in LOD, bounce on L (ct 1); step R fwd (ct 2-3); bounce on R, raise L knee (cts 4-5).
- 2 Step L fwd (ct 1); step R fwd (cts 2-3); bounce on R (ct 4); step L fwd (ct 5).
- 3-4 Repeat meas 1-2.

FIG. I-B:

- 1 Facing ctr, in place, bounce twice on L (cts 1-2); step R to R (ct 3); step L across R (ct 4); step R bk in place (ct 5).
- 2-4 Repeat meas 1, alternating ftwk, 3 more times (4 in all).

FIG. II:

- 1 Facing and moving to R, bounce on L (ct 1); step R fwd (cts 2-3); leap L fwd (ct 4); step R fwd (ct 5).
- 2 Step L fwd (ct 1); step R fwd (ct 2-3); leap L fwd (ct 4); step R fwd (ct 5).
- 3 Repeat meas 2.
- 4 Step L fwd (ct 1); step R fwd (cts 2-3); bounce on R (ct 4); step L fwd (ct 5).
- 5 Facing ctr, in place, bounce on L (ct 1); step R to R (cts 2-3); lift L across R (cts 4-5).

6 Bounce on R (ct 1); step L next to R (cts 2-3); step R-L in place (ct 4-5).

7-8 Repeat meas 5-6.

9-16 Repeat meas 1-8.

FIG. III:

1-4 Repeat Fig. II, meas 1-4. In meas 4, M move twd ctr in prep for next step.

5 W: Facing ctr, bounce on L (ct 1); step R to R (cts 2-3); step L across R (ct 4); step R back in place (ct 5). M: Facing ctr, bounce on L (ct 1); step R to R (ct 2-3); bending both knees, drop into squat (cts 4-5).

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

7-8 Repeat meas 5-6.

9-16 Repeat meas 1-8.

SEQUENCE TAUGHT AT STOCKTON:

Beg with I-B, then I-A, I-B, I-A, I-B, I-A, I-B, Fig. III, repeat from beg.

ANOTHER SEGUESTED SEQUENCE:

Fig. I, 4 times; Fig. II, 2 times; Fig. III, 2 times. Repeat again from beg.

Presented by Vicki Maheu  
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