

Dance originates from Kočani, a town in east Macedonia. Osogova is a large mountain around which are many villages, each having its own improvisations and finesses. Dance has many variations and may be done in various combinations. Dancers assemble to perform the dance during the introduction, "Gaida Solo".

Rhythm: 11/16 1 2 3 4 5

Formation: Broken circle, shoulder hold, "T" formation. Hands may be joined and held down.

Music: Record: Radio Televizije (RTB) LPV 175 "Tanec"

Meas Pattern

PART I

- 1-2 Introduction (after Gaida Solo).
3 Moving LOD, step L (1). Step R (2). Step L (3). Step R (4,5).
4-15 Repeat meas 1 twelve more times.
16 Step L (1,2). Step R (3). Step R beside L (4,5).

PART II

- 1 Facing ctr, moving LOD, bend L knee, step R (1,2). Close L in back of R (3). Bend L knee, step R (4,5), body leaning fwd, wt on R.
2 Moving LOD, leap L fwd, step R fwd (1,2). Leap L fwd (3). Step R fwd (4,5), L knee bent and behind R.
3 Lift R, touch L fwd in front of R (1,2). Kick L heel fwd (3). Leap on L, touch R fwd (4,5).
4 Leap on R in place (1). Hit L heel beside R (2). Step L in place (3), R knee bent back and behind L (4). Bring R knee fwd (5).

PART III

- 1 Moving LOD, step R (1,2). Step L (3). Step R (4,5).
2 Moving LOD, step L (1). Step R (2). Step L (3). Step R (4,5) facing fwd, L knee bent and lifted beside R.
3 Facing ctr, moving LOD, bend L knee, step R (1,2). Close L in back of R (3). Bend L knee, step R (4,5), body leaning fwd, wt on R.
4 Facing ctr, step fwd on L, crossed in front of R (1). Step L in place (2). Jump on feet apart (3). Leap in place (4,5), knee bent and lifted in front of L.

PART IV

- 1-2 Repeat action of variation III, meas 1 and 2.
- 3 Facing ctr, leap R in place, twist L leg, knee bent back across in front of R (1,2). Step L, twist R leg, knee bent back across in front of L (3). Repeat, beg. R (4,5).
- 4 Facing ctr, moving LLOD, hop R (1). Step L (2). Step R behind L (3). Leap L in place (4). Hit R heel fwd (5).

PART V

- 1 Moving LOD, step R (1,2). Step L (3). Lift L, R knee bent in front of L (4,5).
- 2 Step R to side (1). Step L behind R (2). Step R to side (3). Lift R, L knee bent in front of R (4,5).
- 3-4 Repeat meas 1, 2, moving LLOD, beg. L.

PART VI

(Men only. No hand. Step in twd. ctr. facing fwd.)

- 1 Leap L, kick R, knee bent (1). Leap R, kick L, knee bent (2). Leap L, kick R, knee bent (3). Leap R, kick L, knee bent (4,5).
- 2 Repeat action of meas 1.
- 3 Facing and moving LOD, repeat meas 1, cts. 1, 2. Jump, wt. on both feet, in squat (3). Leap, wt. on both feet in standing pos. (4,5).
- 4 Turning CCW, step L (1,2). Step R, squat (3). Leap on both ft in standing pos., facing fwd (4,5).

NOTE: Girls do Part V during Mens' Solo, Part VI.

Leader signals changes from one pattern to another.