

Presented by Atanas Kolorovski

OVČEPOLSKA
(Macedonia)

Named after Ovčepole, an area in the middle of Macedonia between the towns of Sveti Nikolay and Štip. The name means "sheep field", a flat field used for grazing. This dance shows a heavy Serbian influence, brought into Macedonia while it was under the Serbs and spread through the country largely by itinerant gypsies. Ovčepolska exhibits the short walking steps typical of the Ovčepole and Štip area.

FORMATION: Separate lines were common until 60-70 years ago, today either separate or mixed lines are used. Arms in belt-hold, L over R. Styling is the same for both men and women.

METER: 2/4 SSSQS

PATTERN

Below are two basic steps, which may be embroidered upon by any of the dancers as he wishes:

Facing LOD:

Step diag fwd onto R ft
Step diag fwd onto L ft
Step diag fwd onto R ft
Step diag fwd onto L ft
Step diag fwd onto R ft quickly.
Leap fwd onto L ft
Step bkwd onto R ft
Change wt onto L ft

Variation:

Do above steps with hop:
2 hop-step-steps to R in LOD
Step onto R ft
Close L ft to R and change wt
1 hop back onto L ft
Step onto R ft bkwd
Step onto L ft bkwd
3 steps, R,L,R, in place

Repeat to end of music.

Notes by Melissa Jaeger.