

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 brought into Macedonia while it was under the Serbs and spread through the country largely by itinerent gypsien. Ovčepolska exhibits the short walking steps typical of the Ovčepole and Štip area.

By Atanas Kolarovski

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

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 weight
- 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

FD Symposium 80