

Name of dance: Ovčepolska Potrčulka

Pronunciation: ohff-cheh-pohl-skah poh-turr-chul-kah

Place of origin: the Ovčepole area (lit. "sheep's fields") near Sv. Nikole in eastern Macedonia.

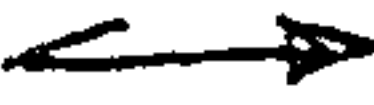




Learned from: Pece Atanasovski in 1973 in Oteševo, Macedonia

Source of music: Jugoton LPY-50985, Macedonian Folk Dances (Reels), Side A Band 6.



About the dance: The name of the dance literally means "the hurrying step from Ovčepole". The Ovčepole is a small plain running from Štip in the east to Sv. Nikole in the north to almost as far as Veleš in the west.

Rhythm: 2/4

Formation: Open circle, hands joined and held down, facing and moving to the R. The dance is done on the balls of the feet, except in measures 5 and 6.

Direction	Measure	Step
	1	Slight preparatory lift on L (ct. 1), step forward on R (ct. &), step forward on L, raising R foot behind L leg a little (ct. 2).
	2	Repeat Measure 1.
	3	Small running step forward on R (ct. 1), small running step forward on L (ct. &), small running step forward on R (ct. 2).
	4	Quick running step forward on L (ct. "uh"), step quickly and lightly on R next to L (ct. 1), low leap forward onto L, bending R knee and leaning slightly to R side (ct. 2).
	5	Take a big step forward onto full R foot, letting R knee flex (ct. 1), straighten R leg or slightly hop on it while lifting L knee to bring L foot forward (ct. 2).
	6	Repeat Measure 5 with reverse footwork.
	7	Step forward on R with R knee slightly flexed (ct. 1), turning to face center, lift or hop slightly on R, with L knee lifted toward center almost level with hip (ct. 2).
	8	Low hop on R as you turn to face L of center (ct. 1), step on L to L side (ct. &), step on R across in front of L (ct. 2).
	9	Low hop on R as you turn to face center (ct. 1), step on L to L side (ct. &), step on R behind L (ct. 2).
	10	Step on L to L side and swing arms vigorously forward from the shoulder, keeping elbows extended (ct. 1), hop on L as arms swing back and free R knee is lifted forward (ct. 2).
		Note: Arms swing down from behind before the beat, are straight down on the beat, and continue forward. Then they start back down, are straight down on ct. 2, and continue back.
	11	Repeat Measure 10 with reverse footwork.
	12	Repeat Measure 10.

Ovčepolska Potrčulka (continued):

<u>Direction</u>	<u>Measure</u>	<u>Step</u>
		<u>Variation:</u>
	1-10	Repeat Measures 1-10 above.
	11	Leap firmly onto R in place, bringing L knee sharply up to level with L hip while holding arms down and a little back (ct. 1), hold this position (ct. 2).
	12	Step very lightly on the toes or ball of L foot as you turn to face R of center (ct. "uh"), traveling to the R, step on R (ct. 1), leap in a small high arc forward onto L (ct. 2).
		

dance notes adapted from those of
Robert Henry Liebman by Erik Bendix