

Ovcepolsko
Ovcepole, Macedonia

Music 11/16 2, 2, 3, 2, 2 as 1, 2, 3, 4, 5.

Ovcepolsko is from the area around Sv. Nikole and Kratovo in northern Ovcepole.
Learned from Pece Atanasovski.

Ovcepolsko is done in an open circle facing R of center with hands joined in V position.

Meas

Figure I

- 1 Step R in LOD with part wt (ct 1); crouch slightly, taking full wt on R (ct 2); step L in LOD (ct3); straightening, chukche on L (ct 4); step R in LOD (ct 5).
- 2 Chukche on R (ct 1); step L in LOD (ct 2); turning to face center, chukche on L pushing R forward with a sharp movement (ct3); chukche on L (ct 4); step back on R (ct 5).
- 3 Step L next to R (ct 1); step on R to center (ct 2); chukche on R pushing L forward with a sharp movement (ct3); chukche on R (ct 4); beginning to turn R, step back on L (ct 5).

Figure II

- 1 Step R in LOD (ct 1); step L in LOD (ct 2); step R in LOD bending both knees and leaving ball of L on floor (ct3); straightening, hop on R lifting L slightly behind (ct 4); step L in LOD (ct 5).
- 2 Small leap on R in LOD (ct 1); step L in LOD (ct 2); turning to face center, hop on L pushing R forward with a sharp movement (ct3); hop on L (ct 4); step back on R (ct 5).
- 3 Step L next to R (ct 1); step on R to center (ct 2); hop on R pushing L forward with a sharp movement (ct3); hop on R (ct 4); beginning to turn R, step back on L (ct 5).

Figure III.

- 1,2 Repeat meas 1,2 of figure II
- 3 Turning to face L of center, step L next to R (ct 1); step on R in RLOD (ct 2); hop on R lifting L knee (ct3); hop on R (ct 4); step L in RLOD (ct 5).
- 4 Hop on L lifting R knee (ct 1); step R in RLOD (ct 2); pivoting sharply to face R of center, hop on R pushing L forward with a sharp movement (ct3); hop on R (ct 4); step back on L (ct 5).

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Figure IV.

Let go of hands and place on own hips with palms out and fingers back.

- 1 Step R in LOD (ct 1); step L in LOD (ct 2); step R in LOD bending both knees and leaving ball of L on floor (ct₃); straightening, hop on R lifting L slightly behind (ct 4); step L in LOD (ct 5).
- 2 Beginning to turn to center, step R to R (ct 1); continuing to turn L, step L toward center (ct 2); continuing turn, hop on L raising R knee with foot back (ct₃); repeat ct 3 ending to face RLOD (ct 4); step R next to L (ct 5).
- 3 Step L next to R (ct 1); step on R in RLOD (ct 2); hop on R lifting L knee (ct₃); hop on R (ct 4); step L in RLOD (ct 5).
- 4 Hop on L lifting R knee (ct 1); step R in RLOD (ct 2); pivoting sharply to face R of center, hop on R pushing L forward with a sharp movement (ct₃); hop on R (ct 4); step back on L (ct 5).

* chukche. A hop on which the hopping foot does not leave the ground.

Presented by Steve Kotansky