

▼
OVCEPOLSKO
Macedonia

RECORD: Folklorist 104
 FORMATION: "V" position (hands joined down at sides)
 Note: after reaching Fig. IV in progression, rpt. Fig. IV to end.
 METER: 11/16 (counted 1,2,3,4,5 or Q-Q-S-Q-Q) PATTERN

Measure

- FIGURE I - warming up
- 1 Facing slightly R, step sdwd. R on R ft. (ct.1); crouch (ct.2); cross and step on L ft. in front of R ft. (ct.3); hop on L ft., straightening up (ct.4); continuing step slightly R, step fwd. on R (ct.5).
- 2 Hop on R ft. (ct.1); step fwd. on L ft. (ct.2); hop on L ft., turning to face ctr. and kicking R ft. sharply fwd. close to floor, stopping fwd. momentum of R ft. abruptly to end kick "like kicking a wall" (ct.3); hop on L ft. (ct.4); step back on R ft. (ct.5).
- 3 Step bk. on L ft. (ct.1); step fwd. on R ft. (ct.2); hop on R ft. kicking L ft. sharply close to floor as above (ct.3); hop on R ft. (ct.4); step back on L ft. (ct.5).
- repeat pattern of meas. 1-3 until music begins to speed up.
- FIGURE II - running
- 1 Facing slightly R, step fwd. on R ft. (ct.1); step fwd. on L ft. (ct.2); step fwd. onto R ft., bending both knees (ct.3); hop on R ft. (ct.4); step fwd. on L ft. (ct.5).
- 2 Slight leap fwd. onto R ft. (ct.1); step fwd. on L ft. (ct.2); hop on L ft., turning to face ctr. and kicking R ft. sharply fwd. as in Fig. I (ct.3); hop on L ft. (ct.4); step back on R ft. (ct.5).
- 3 Step bk. on L ft. (ct.1); step bk. on R ft. (ct.2); hop on R ft., kicking L ft. sharply fwd. as above (ct.3); hop on R ft. (ct.4); step back on L ft. (ct.5).
- repeat pattern of meas. 1-5, Fig. II for a while.
- FIGURE III - traveling to the L
- 1-2 Same as meas. 1-2, Fig. II.
- 3 Step back on L (ct.1); step fwd. on R (ct.2); kick L ft. sharply as above (ct.3); hop on R ft., turning to face slightly L (ct.4); continuing to L, step fwd. on L ft. (ct.5).
- 4 Hop on L ft. (ct.1); continuing L, step fwd. on R ft. (ct.2); kicking L ft. sharply fwd. as above and turning to face ctr., hop on R ft. (ct.3); hop on R ft. (ct.4); step back on L ft. (ct.5).
- repeat this variation for a while.
- FIGURE IV - turning
- 1 as in Fig. II
- 2 cts. 1-2 as in Fig. II; hop on L ft., turning to face ctr., releasing hands and placing on hips, kicking R ft. sharply fwd. as above, this begins 360 deg. turn CCW (L) (ct.3); cont. turn (CT), hop on L (ct.4). CT, step on R ft. next to L (ct.5).
- 3 CT, step on L ft. (ct.1); CT, step on R ft. (ct.2). Completing turn to face ctr., hop on R ft., kicking L ft. as above (ct.3); hop on R ft., turning to face slightly L (ct.4); Cont. to L, step fwd. on L ft. (ct.5)
- 4 As in Fig. III, returning hands to hips.