

Povrateno

POVRATENO

Macedonian line dance, originally done by men only, but now mixed.

Record: Folk Dancer MH 3040 "Povrateno"; also Folkraft LP 15, Side B, Bd. 5;
the second recording is hard to follow for beginners.

Formation: Originally, when done by men only, dancers placed hands on neighbors' nearest shoulders. When done mixed, joined hands are held at about shoulder height during the slow portion, and then are held down at sides during the fast part.

Rhythm: 2/4

Measure

Variation I - Basic dance

1. Facing slightly R, standing on Lft, "lift" or "hop" on Lft, raising R knee up in front (ct. 1); continue moving in this direction with step on Rft (ct. 2).
- 2-3 Two more "lift-steps" alternating feet and continuing in the same direction, for a total of three. Note that on the third one, there is a definite bend forward of the body on the "step".
4. Facing center, step forward on Lft, (ct. 1); return weight to Rft in place (ct. 2).
- 5-8 The movements of Meas. 1-4 are now repeated in the opposite direction (moving L) with opposite footwork, i.e. beginning with a "lift" on Rft, followed by a step with Lft to L, etc.

Variation II - Two-steps

1. ct. 1 "Lift" or "hop" on Lft, raising R knee up in front, just as described in Meas. 1 of Variation 1.
ct. 2 Step on Rft, moving to R.
ct. & Close Lft to Rft (near R heel) } (These 3 movements = 1 two-step RLR)
2. ct. 1 Step on Rft, moving to R.
ct. & Pause.
ct. 2 Step on Lft moving R. } (These 3 movements = 1 two-step LRL)
ct. & Close Rft to Lft.
3. ct. 1 Step on Lft moving to R.
ct. 2 Step with Rft moving to R.
4. Facing center, step forward with Lft (ct. 1); return weight to Rft in place. (ct. 2), just as under Variation 1.
- 5-8 The movements of Meas. 1-4 are now repeated in the opposite direction with opposite footwork.

Variation III - Turns

This variation has the same footwork as Variation 2. During the two two-steps, however, dancers release hands and make a full turn in the direction of movement. As soon as the turn is completed, dancers re-join hands. *Continued...*

Povrateno (Continued)

Note: When the music speeds up, the above three variations are still done, but with much more vigor, all "lifts" becoming definite lively hops. When doing the fast form of Variation 1, a little double hop may be inserted in place of the third "hop-step" (e.g. Meas. 3), as follows:

Meas. 3a Hop on Lft, swinging R foot naturally across in front (ct. 1); hop again Lft in this position (ct. 2); step forward with Rft (ct. &).

This double hop is of course done with opposite footwork when dancers are moving to L.

Sequence to fit recommended recording:

Slow music: Each variation 2 times, going through I-II-III twice altogether before the fast music.

Fast music: Do Variation I with hops, inserting the extra "syncopated hop-step" whenever desired.

Presented by Dick Crum

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Takatoke 1977

