

Bavno oro - Macedonia

Dance introduced by: Anatol Joukowsky

Formation: Open Circle

Starting arm position: W-Position

Meter: $7/8 = 3+2+2$, notated as SQQ

Steps used: Insert Glossary Links

This dance was originally taught using separate lines for M and W. In that case, the M use a shoulder hold all the way through and the W use W-Position for the slow part and V-Position for the fast part. Most groups now do it in mixed lines using the W- & V- Positions.

Measure Count Step

Part I

- | | | |
|------|-----|---|
| 1 | SQQ | Facing center, step on R foot to R (S), lift L leg with bent knee (Q) and step on L foot across R foot (Q). |
| 2 | SQQ | Step on R foot to R (S), Lift L leg with bent knee while bouncing on R foot (Q), Bounce on R foot again (Q). |
| 3 | | Repeat measure 2 with opposite footwork and in the opposite direction. |
| 4-24 | | Repeat measures 1-3 seven times. Note: I like to start the dance as soon as the music begins. If you start later, then you will repeat measures 1-3 fewer times. |

Part II

- | | | |
|------|-----|--|
| 1 | SQQ | Step on R foot to R (S), touch L heel to the side and slightly forward (Q), touch L heel slightly diagonally to L (Q). |
| 2 | SQQ | Step on L foot next to R foot (S), touch R heel to the side and slightly forward (Q), step on R foot in place (Q). |
| 3 | SQQ | Step on L foot across R foot (S), step on R foot to R (Q), step on L foot behind R foot (Q). |
| 4-15 | | Repeat measure 1-3 four times. |
| 16 | | Repeat measure 1. |
| 17 | | Repeat measure 1 with opposite footwork and in opposite direction. |

Repeat Part I

continued...

Repeat Part II, excluding measures 16-17.

Part III

- 1 SQQ Facing center, hands come down, leap on R foot to right, lifting L leg with bent knee in front of R leg (S), step on L foot to left (Q), step on R foot behind L foot (Q).
- 2 SQQ Leap on L foot to left, lifting R leg with bent knee in front of L (S), step on R foot R to right (Q), step on L foot behind R foot (Q).
- 3 &SQQ Step on R foot to R (&), step on L foot across R foot (S), step on R foot to R (Q), step on L foot behind R foot (Q).

Repeat measures 1-3 until music ends.

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