

Belasičko oro

Macedonian

Dance introduced by: Atanas Kolarovski

Formation: Open circle

Starting arm position: V-Position

Meter: 2/4

Steps used Cha-Cha

Measure Count Step

Part I

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|------|-----|---|
| 1 | 1-2 | Facing slightly to the R, but moving in LOD, step forward on R foot (1), fall lightly on L foot with L instep next to R heel (2). |
| 2 | 1-2 | Do one Cha-Cha step forward |
| 3 | | Repeat measure 2 with opposite footwork. |
| 4 | | Facing center, step on R foot slightly to R (1), lift L leg in front of R leg, with L leg bent (2). |
| 5-8 | | Repeat measures 1-4 with opposite footwork and in opposite direction. |
| 9-16 | | Repeat measures 1-8. |

Part II

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|------|-----|---|
| 1 | 1-2 | Facing center, raise arms to W-position and step on R foot to R (1), step on R foot behind L foot (2). |
| 2 | 1-2 | Step on R foot to R (1), step on L foot behind R foot bending knees slightly (&), step on R foot to R while lifting L leg in front of R leg with L knee bent (2). |
| 3 | 1-2 | Step on L foot slightly to L (1), lift R leg in front of L leg with R knee bent (2). |
| 4 | | Repeat measure 3 with opposite footwork and in opposite direction. |
| 5-8 | | Repeat measures 1-4 with opposite footwork and in opposite direction. |
| 9-16 | | Repeat measures 1-8. |

Part III

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|---|-----|---|
| 1 | 1-2 | Facing R, lower arms to V-position and step forward on R foot (1), lift L foot to |
|---|-----|---|

behind R leg right above the heel.

- 2 1-2 Face RLOD and do a Cha-Cha step forward starting with the R foot.
- 3 1-2 Step forward on R foot (1), lift L leg slightly forward with knee bent (2).
- 4 1-2 Repeat measure 2 with opposite footwork.
- 5-16 Repeat measures 1-4 three times.

Part IV

- 1 1-2 Facing center, raise arms to W-position and step forward on R foot while lifting L leg behind bending body slightly forward (1), step on L foot behind R foot and straighten body (2).
- 2 1-2 Step on R foot next to L foot (1), lift L leg in front of R leg with L knee bent (2).
- 3 1-2 Twist L knee so that it pointing diagonally L (1), twist knee back to face diagonally R (2).
- 4 1-2 Step on L foot next to R foot (1), step on R foot in place (&), step on L foot in place (2). Some groups move the arms down to V-Position and back up during this measure.
- 5-16 Repeat measures 1-4 three times.

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