

# Čapkan Dimčo - Macedonia

Introduced by Atanas Kolarovski

Open circle, arms in V-Position. Meter 4/4.

## Measure Count Step

### Part I

- |     |     |   |
|-----|-----|---|
| 1   | 1-4 | Facing to the R, step forward on R foot (1), hold (2), step forward on L foot (3), hold (4).  |
| 2   | 1-4 | Step forward on R foot (1), hold (2), step forward on L foot (3), step forward on R foot (4).   |
| 3-4 |     | Repeat measures 1-2 with opposite footwork.   |
| 5   | 1-4 | Facing slightly diagonally R of center, step to R on R foot (1), hold (2), lift and drop R heel while lifting L leg with knee bent (3), step on L foot across R foot (4). |
| 6   | 1-4 | Facing center, step on R foot to R (1), hold (2), lift L leg forward with knee bent (3), slightly bend then straighten R knee (4).  |
| 7-8 |     | Repeat measures 5-6 with opposite footwork and in opposite direction.   |

### Part II

- |     |     |   |
|-----|-----|---|
| 1   | 1-4 | Facing center, step on R foot in place (1), hold (2), step on L foot in place (3), step on R foot in place (4).   |
| 2   |     | Repeat measure 1 with opposite footwork   |
| 3   |     | Facing slightly diagonally R of center, step to R on R foot (1), hold (2), lift and drop R heel while lifting L leg with knee bent (3), step on L foot across R foot (4). |
| 4   |     | Repeat measure 1.   |
| 5-8 |     | Repeat measures 1-4 with opposite footwork and in opposite direction.   |

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