

Macedonian line dance.

Meter: 9/16, counted as slow, quick, quick, quick.

No introduction. Dance starts with the music and is done completely through three times.

Record: LP George Tomov "Macedonia" #104

Figure I

Face center, join hands. Hold elbows slightly lower than shoulder height and approximately 45° forward; raise forearms so that hands are held at head level.

Measure

- 1 (1-2) Step on R to right, lowering hands forward (3-4) Step on L behind R, returning hands to original position.
- 2 Repeat Measure 1.
- 3 (1) Step on R to right (2) Step on L next to R (3) Step on R in place (4) Hold. While taking these three steps, bring hands forward and around in two small circles at head level.
- 4 (1) Step on L towards center (2) Step on R next to L (3) Step on L in place (4) Hold. Hand motion is the same as in Measure 3.
- 5-24 Repeat Measures 1-4 five times. Each time Figure I is repeated, take the first step diagonally backwards to the right. This will prevent the line from being drawn towards the center.

Figure II

Face CCW. Keep elbows at same height, but lower forearms so that hands and elbows are in the same line. Hands stay joined. Leaps in Figure II are small.

- 1 Rising slightly on the balls of the feet, (1-2) Step forward on R (3-4) Step forward on L.
- 2 Repeat Measure 1.
- 3 (1) Leap forward on R, holding L close to R ankle (2-4) Hold.
- 4 Still facing CCW, (1) Leap on L to left, holding R close to L ankle (2) Hold (3) Leap on R to right, holding L close to R ankle (4) Hold.
- 5 Step on L to left (2) Step on R next to L (3) Step on L in place (4) Hold.
- 6 (1) Step backwards on ball of R (2) Hold (3-4) Step on L (flat) next to R.
- 7 Repeat Measure 6.
- 8 (1) Leap backwards on R, holding L close to R ankle (2-4) Hold.
- 9-10 Repeat Measures 4 and 5.
- 11-18 Repeat Measures 1-8.
- 19 Repeat Measure 4.
- 20 (1) Leap on L to left, holding R at L ankle (2-4) Hold.
- 21 Repeat Measure 4, reversing footwork.

-continued-

Figure III

Face slightly to the right. Position of the arms is the same as in Figure I.

Measure

- 1 Rising slightly on balls of the feet, (1) Step on R to right (2) Close L to R (3-4) Step on R to right.
- 2 (1) Step on L slightly crossed over R (2) Step on R to right (3-4) Step on L slightly crossed over R.
- 3 Facing center, (1-2) Step on R to right, holding L at R ankle and moving forearms to right (like a windshield wiper) (3-4) Repeat Counts 1-2 with opposite foot and arm work.
- 4 (1-2) Step on R to right, resume original position of arms (3) Hop on R (4) Hold.
- 5 (1-2) Step on L to left (3-4) Step on R behind L.
- 6 Repeat Measure 5.
- 7 (1) Step on L to left (2) Step on R next to L (3) Step on L in place (4) Hold. While taking these three steps, bring hands forward and around in two small circles at head level.
- 8 (1) Step on R towards center (2) Step on L next to R (3) Step on R in place (4) Hold. Same hand motion as in Measure 7.
- 9 (1) Step backwards on L (2) Step on R next to L (3) Step on L in place (4) Hold. Same hand motion as in Measure 7.
- 10 (1) Step on R to right and face slightly to right (2) Step on L next to R (3) Step on R to right (4) Hold. Same hand motion as in Measure 7.
- 11 (1) Hop on R, raising L in front (2) Hold (3) In place, switch to L, extending R behind (4) Hold.
- 12-17 Repeat Measures 1-6.
- 18 (1-2) Step on L to left (3-4) Close R to L.

AF

Presented by George Tomov  
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