

Jeni Jol

Macedonian Style

History

A very widespread Rom dance from the Balkans.

Rhythm

Even 4/4 rhythm.

Formation

Line, with the leader at the right, arms in a W hold.

Facing right, point forward with your right foot - extended with the toes touching the ground. Then step onto the right where it is, so you take a step forwards. Repeat with the left foot.

Point forward with the right foot again, but this time follow it by taking three steps in place while turning to face centre. Repeat this to the left, starting with the left foot.

Music

Djal I Ri from Macedonia Dances by Marem Aliev.

Dance descriptions by Andy Bettis 11/2003