

Macedonikos Horos

(Macedonia-Greece)

- SOURCE:** The name simply means *Macedonian Dance* and it comes from the Florina area of Macedonia. The dance is related to Gaida and is performed in the same proud style. The music, just like in Gaida, starts out slow and finishes very fast. The dance is done by both men and women either in one or separate lines. In separate lines, the men dance with more robust steps and knee bends. Thea learned the dance from Nikos Varvitsiotis who, in turn, learned it from Simos Kostandinou.
- PRONUNCIATION:** mah-seh-DOH-nee-kos CHOR-ROS
- MUSIC:** Songs of Macedonia som 11-mh; Festival CD
- METER:** 2/4
- FORMATION:** Line with hands on shoulders.
- CHARACTERISTICS:** The dance starts out slowly and gets faster and faster. The slow part is done in a proud and bouncy style.

Meas Ct

Pattern

The dance starts at the beginning of any musical phrase with everyone facing center.

Music I - Slow Part

- | | | |
|---|---|-----------------------------------|
| 1 | 1 | Step R to R facing 45° LOD. |
| | 2 | Step L across R in LOD. |
| 2 | | Repeat meas 1. |
| 3 | 1 | Step R to R. |
| | 2 | Lift L in fr of R bending L knee. |
| 4 | 1 | Step L to L facing ctr. |
| | 2 | Lift R in fr of L bending R knee. |

Variation:

Make a full CW turn in 3 steps traveling in LOD (cts 1-2 of meas 1 and ct 1 of meas 2). Usually, the leader turns the first time, and then everybody turns the second time.

Music II - Intermediate tempo

- | | | |
|-----|---|---|
| 1-2 | | Repeat meas 1-2 of Music I. |
| 3 | 1 | Step R next to L and pivot over the toes turning the body to face 45° RLOD. |
| | 2 | Pivot over the balls of the ft turning to face 45° LOD. |
| 4 | 1 | Pivot over the balls of the ft turning to face 45° RLOD. |
| | 2 | Pivot to face ctr, lifting R ft alongside L ankle. |

Variation:

The same turn variation can be done as under Music I.

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<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
<u>Music III - Fast Part</u>		
1	&	Facing LOD. hop slightly on L ft raising R knee fwd.
	1	Step R in LOD.
	&	Slight hop on R
	2	Step L in LOD.
2		Repeat meas 1.
3	1	Jump on both ft in pl facing 45° RLOD, knees slightly
	2	Jump on both ft in pl facing 45° LOD.
	&	Jump on both ft in pl facing 45° RLOD.
4	1	Jump on both ft in pl facing 45° LOD.
	2	Jump onto L slightly to L, lifting R ft alongside L ankle.

Variation:

The same turn variation can be done as under Music I but with the hops as described in meas 1-2 of Music III.