

Typical dances from the area of the Vardar Valley. Danced at festive occasions.

Rhythm: 7/16 1, 2,3

Formation: Broken circle, hands joined and held at shoulder height.

Music: Record: Radio Televizije (RTB) LPV 175 "Tanec"

Meas      Pattern

PART I

- 1-2      Introduction
- 3      Moving LOD, facing ctr, step R (1). Step L behind R (2,3).
- 4      Lift R, L knee bent and lifted in front of R (1). Hold (2,3).
- 5      Facing ctr, step L crossed in front of R, R knee bent (1). Step R in place (2). Step L crossed in front of R (3).
- Repeat action of meas 3-5 to end of Part I music.

PART II

- 1      Moving LOD, step fwd R (1). Lift R, L knee bent and lifted in front of R (2,3).
- 2      Moving LOD, step L (1). Step R (2). Step L (3).
- 3      Repeat action of meas 1.
- 4      Repeat action of meas 1, reversing direction and ftwk.
- 5      Facing ctr, step sdwd R on R (1). Step L, crossed behind R (2,3).
- 6      Facing ctr, step R to side (1). Lift R, L knee bent and lifted in front of R (2,3).
- 7      Moving fwd, facing ctr, step L crossed in front of R (1). Step R (2). Step L (3).
- 8      Facing ctr, moving fwd, step fwd R crossed in front of L (1). Step bkwd L (2,3).
- 9      Facing ctr, step bkwd R (1). Lift R, left knee bent and lifted in front of R (2,3).
- 10-12      Repeat action of meas 7, 8, 9.
- 13      Step sideward L and sway L, keeping R foot in place (1). Hold (2,3).

- 14 Sway twd R, keeping L foot in place (1). Hold (2,3).  
 15 Sway twd L, keeping R foot in place (1). Hold (2,3).  
 16 Sway R (1). Sway L (2,3).

PART III

- 1 Moving LOD, step R (1). Step L (2). Step R (3).  
 2 Repeat meas 1, beg. L.  
 3 Facing ctr, step R (1). Raise and lower L in front (2,3).  
 4 Repeat meas 3, beg. L.  
 5 Repeat meas 3.  
 6 Moving LLOD, step L (1). Step R (2). Step L (3).  
 7 Step R (1). Hop R (2). Step L, facing ctr (3).  
 8 Step R in place (1). Raise and lower R heel, L knee bent and lifted  
 in front of R (2,3).  
 9 Repeat meas 8, beg. L.  
 Repeat meas 1-9 to end of music.