

MAKEDONSKO NARODNO
(Macedonia)



Pronunciation: MAH-keh-dohn-skoh NAH-rohd-noh

This is one of the many variations of the Narodno or Pravoto type in 2/4 meter found in Macedonia and parts of Western Bulgaria. It was observed at a wedding near Skopje, Macedonia in the summer of 1966.

Music: RPC BG 1001. Side A, band 2. Or other "Narodno" or "Pravoto" tunes of this type. 2/4 meter.

Formation: Mixed open circle. "W" pos, hands a bit fwd. Face LOD (R of ctr). Wt on L ft. Leader holds handkerchief.

Style: Partly danced on balls of ft with knees slightly bent. Upper part of body erect and proud. Leader indicates change in pattern at own discretion. Arms are loose enough to create slight jiggling effect while moving.

Meas

PATTERN

No introduction. Leader may start at beginning of any musical phrase.

I. BASIC

- 1 Moving LOD, step on R (ct 1). Step on L (ct 2).
- 2 Repeat action of meas 1.
- 3 Turn to face ctr and step slightly on R to R (ct 1). Raise L ft, bending knee and slightly crossed in front of R (ct 2).
- 4 Still facing ctr, step on L next to R (ct 1). Raise R ft bending knee and slightly crossed in front of L (ct 2).
- 5 Repeat action of meas 4, reversing direction and ftwk.
- 6 Turn to face slightly RLOD and step on L (ct 1). Step on R across L (ct 2).
- 7 Facing ctr, step on L to L (ct 1). Step on R behind L (ct 2).
- 8 Repeat action of meas 4.

II. TWO-STEP

- 1 Facing LOD step fwd on R (ct 1). Step on L closing behind R (ct &). Step on R (ct 2).
- 2 Repeat action of meas 1, Fig II, but start with L ft.
- 3-8 Repeat action of meas 3-8, Fig I.

III. TURNING TWO-STEP

- 1-2 Repeat action of meas 1-2, Fig II, but making a half-turn individually (CW) on each two-step. Let hands of your neighbors go on this part. *This is like in Povrateno.
- 3-8 Repeat action of meas 3-8, Fig I.

IV. FAST PART

Note: When music gets faster hands go down, still joined at sides and patterns I-III can be danced with lighter and sharper steps. Leader may perform fancy steps and squats on meas 3-5.