MARIOVSKA TRESENICA (Macedonia)

"Tresi" means to shake. Dance depicts spring cleaning of all things in preparation for pre-Easter fasting. From the region of Mariova.

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Rhythm:	2/1,
Formation:	Broken circle. See each part for hand hold.
Music:	Record: Radio Televizije (RTB) LPV 175 "Tanec"
<u>Meas</u>	Pattern
	PART I (Hands up and free - No hand hold.)
1 .	Moving LOD, facing R, step R (1). Step L (2). Step R (3). Raise and lower R heel (4), left knee bend and lifted beside R.
2 .	Repeat action of meas 1, beg. L.
3-4	Repeat action meas 1-2 two more times.
	PART II (Hands on hips, palms against hips, fingers pointed behind and downward.)
1	Moving LLOD, facing R, step back R, bounce twice, L foot moving out and around behind R (1,2). Repeat beg. L (3,4).
2	Repeat action of meas 1, counts 1,2. Step LRL in place (3,4).
• .	PART III
1-4	Repeat action of Part I, meas. 1-4. Shake hand up and down twice.
•	PART IV (Hands joined, held down.)
1	Moving LOD, beg. L, hop, step R, step L (1). Repeat (2). Repeat (3,4).
2	Repeat meas. 1.
	PART V (Hands joined, held down.)
ı	Lift on L, thrust leg out to R, knee straight (1). Step on R beside L (2). Kick L out, knee straight to L. Step LRL in place (3,4).
2	Jump with R foot crossed in front of and close to L (1). Leap on R in place (2), left knee bent behind rt. In place LRL (3,4).
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Repeat action of meas 1, 2 above until end of record.