

# Meglensko

(Macedonia)

Meglensko is a very beautiful dance with a truly beautiful song melody. Very often this dance has been used in choreography of performing suites. Meglensko is from the Lerin area.

Pronunciation:

Cassette: AK 4

4/4 meter

Formation: Mixed lines of men and women in W-pos.

Styling: The movement is graceful, with many feminine movements. Meglensko is danced on the ball of the foot and is rich in balancing movements coming from bending the knee and stepping upon the heel.

Meas

Pattern

## INTRODUCTION

### FIGURE 1

- 1 Facing CCW, step fwd on R (cts 1,2); step fwd on L (cts 3,4).
- 2 Čučke on L and bring R knee up (cts 1,2); leap fwd on R (ct 3); step fwd on L (ct 4).
- 3 Step fwd on R (cts 1,2); Čučke on R (ct 3); step fwd on L (ct 4).
- 4 Step on R and face ctr (cts 1,2); Čučke on R and bring L knee up in front (cts 3,4).
- 5-8 Repeat meas 1-4 with opp ftwk and direction.

### FIGURE 2

- 1-2 Repeat Fig 1, meas 1-2.
- 3 Repeat meas 1.
- 4 Step on R and face ctr (cts 1,2); step on L behind R (ct 3); step back on R and face RLOD (ct 4).
- 5-8 Repeat meas 1-4 with opp ftwk and direction.

### FIGURE 3

- 1 Repeat Fig 1, meas 1.
- 2 Step fwd on R (cts 1,2); close L next to R (no wt)(cts 3,4).
- 3 Step fwd on L (cts 1,2); step fwd on R,L (cts 3,4).
- 4 Step on R and face ctr (cts 1,2); Čučke on R and bring L knee up in front (cts 3,4).
- 5-8 Repeat meas 1-4 with opp ftwk and direction.

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