

PODRIMSKO ORO
(Yugoslavia)

A Shiptar courtship dance during which the men display their strength and skill as dancers with movements that are broad and strong. The women dance softly and in a very feminine manner.

Pronunciation: PO-dreem-sko OH-ro

Record: Ciga & Ivon Vol. I, Side A, band 2. 2/4 meter.

Formation: M in a line in "T" pos: hands on nearest shldr of adjacent dancers, arms extended sdwd. W in a separate line behind the M in "W" pos: hands joined with adjacent dancers, elbows bent and close to own sides, hands at shldr level. Kerchief held in R hand.

Meas

Pattern

No introduction -- or wait 4 meas and do Figure I only three times.

FIGURE I - MEN

- 1 Facing R of ctr and moving in LOD, step fwd on R (ct 1); bring L leg fwd in a high, wide arc (ct 2).
- 2 Step fwd on L, dropping to R knee (ct 1); hold (ct 2).
- 3 Rise on L ft enough to be able to touch R knee to floor again (ct 1); rise, taking wt on R ft (ct 2).
- 4 Step on L behind R (ct 1); lift R ft behind L (ct 2).
- 5-16 Repeat action of meas 1-4 three more times.

FIGURE I - WOMEN

- 1 Facing R of ctr and moving in LOD, step fwd on R (ct 1); bring L ft around in front of R and bounce twice on R (cts 2,&).
- 2 Step on L in front of R, raising R in back of L (ct 1); hold (ct 2).
- 3 Touch R in front of L (ct 1); raise R in front (ct 2).
- 4 Step on R behind L (ct 1); step on L behind R (ct 2).
- 5-16 Repeat action of meas 1-4 three more times.

Kerchief pattern for lead W:

Flutter it to indicate start of dance.

Meas 1: Dip R hand in wave-like motion and raise it high.

Meas 2: R hand curved out in front at face level (elbow out, kerchief hanging, head bowed slightly).

Meas 3-4: R hand high and outstretched fwd. On last repeat of Figure I, flutter kerchief to indicate start of Figure II.

FIGURE II - MEN

- 1-8 Face ctr, ft widespread. Sway R and L alternately, bending knees deeply as wt shifts from side to side, hips pushed fwd. One sway per meas; shake shldr during sways.

PODRIMSKO ORO (continued)FIGURE II - WOMEN

- All steps are done on balls of ft and are bouncy.
- 1 Facing slightly L of ctr, step R across in front of L (ct 1); step on L in place, raising R up in front (ct 2).
 - 2-3 Repeat action of meas 1 (Figure II), twice.
 - 4 Move in LOD with small running steps R,L,R (cts 1,&,2) and end facing slightly R of ctr.
 - 5-8 Repeat action of meas 1-4 (Figure II) with opp ftwk and move in opp direction.

Kerchief pattern for all W:

Meas 1: Release hands and hold diag opp corners of kerchief in both hands at waist level: with a scooping motion push kerchief fwd (ct 1); and bring it back (ct 2). Repeat for meas 2-3.

Meas 4: Twirl kerchief overhead.

Meas 5-8: Repeat kerchief pattern of meas 1-4 (Figure II).

FIGURE III - MEN AND WOMEN

- W rejoin hands. Ftwk is same for M and W, but M move with large, broad steps covering much space. W also cover space but move more softly. All trace the top half of a CW circle.
- 1 Move twd ctr with large step on R (ct 1); lift L fwd and hop twice on R (cts 2,&).
 - 2 Moving sdwd, L crossing in front of R, step L,R,L (cts 1,&,2).
 - 3 Moving bkwd from ctr on a R diag step R,L (cts 1,2).
 - 4 In place, step R,L,R (cts 1,&,2).
 - 5-8 Repeat action of meas 1-4 (Figure III) with opp ftwk and direct.
 - 9-16 Repeat action of meas 1-8 (Figure III).

FIGURE IV - MEN

- 1 Moving in LOD with broad, reaching steps, torso leaning bkwd, step fwd on R (ct 1); lift L high and fwd with tiny kick (ct 2).
- 2 Repeat action of meas 1 (Figure IV) with opp ftwk.
- 3 Repeat action of meas 1 (Figure IV).
- 4 With wt on R, circle L ft behind R knee (ct 1); pivot on R to face RLOD (ct 2).
- 5-8 Repeat action of meas 1-4 (Figure IV) with opp ftwk and move in RLOD.
- 9-18 Face ctr, repeat action of Figure II (sways) ten alternations R and L.
- 19 Transition: Sway to R (ct 1); close L to R with wt (ct 2).

FIGURE IV - WOMEN

- 1-8 Repeat action of Figure II.
- 9-16 Repeat action of Figure II again, but on meas 12 hold kerchief in R hand high overhead and flutter it, L hand on hip while turning CCW to end facing slightly R of ctr. On meas 16 repeat kerchief action but turn CW to finish facing slightly L of ctr.
- 17-18 Repeat action of meas 1-2, Figure II.
- 19 Step R across in front of L, bending fwd (ct 1); straightening up, step back on L, turning to face LOD and rejoin hands (ct 2).

SEQUENCE OF DANCE: FIGURES I, II, III, IV, I, III, IV.

Presented by Ciga Despotović