

POPOVIČANKA

Jasenica - East Serbia

Rhythm: 2/4 (Count: 1 and, 2 and)

- Measure 1 - Step with R toward center of circle (1); Hop lightly on R (and); Step on L behind R (2); Hop lightly on L, pulling it a little backwards (and).
- 2 - Step with R forward (1); Step with L, beside R (and); Step with R forward (2); Hop on R (and)
- 3 - Step on L behind R, crossing R (1); Hop on L, R is up beside L (and); Step on R behind L, crossing L (2); Hop on R (and).
- 4 - Same as Measure 3.
- 5 - 8 - Mirror version of measures 1-4.

Dance is very lively and bouncy.

LESNOTO

Lazaropolje - Galicnik (Macedonia)

Rhythm: 7/8

- Measure 1 - Step with R to R (1); Prepare L to step to R (2); Hold (3); Light bounce on R (1); Hold (2); Step to L to R crossing R ft (1); Hold (2).
- 2 - Step with R to R (1); Lift L in front of R knee (2); Crossing it with L ft (3); Hold (small bounce)(1); Hold (2); Hold (small bounce) (1); Hold (2).
- 3 - Mirror version of Measure 2.

Repeat to end of music.