

POSTUPANO

(Macedonia - Skopje)

Translation: Gradual



Rhythm: 6+7 + 13/16 (♩ ♩ ♩ ♩ ♩ ♩) counted 1-and, 2-and, 3-and, 4-and-ah, 5-and, 6-and, or "quick quick quick, slow quick quick."

Record: Folkraft LP-25, side B band 4 (2:13); zurla (2) & tupan.


Starting position: This is a line dance for M and W separately, no ptrs.
M in "T" pos; W in separate lines, each with R arm hooked in neighbor's crooked L elbow. R ft free.

Music 13/16

MeasurePatternVARIATION I -- Men's steps.

- | | | |
|---|---|--|
| 1 |  | <p>Lift on R ft (cts 1-2).
Step on L ft slightly sdwd L (ct 3).
Swing R ft fwd (ct 4).
Bend L knee slightly, also bend R knee to swing R ft across in front of L (cts 5-6).</p> |
| 2 | | Repeat pattern of meas 1 reversing direction and ftwork. |
| 3 | | Repeat pattern of meas 1. |
| 4 |  | <p>Turning to face slightly and moving R, lift on L ft, bending and raising R knee high (cts 1-2).
Step fwd on R ft (ct 3).
Lift on R ft, bending and raising L knee high (ct 4).
Step fwd on L ft (cts 5-6). Turn to face ctr to begin again.</p> |

VARIATION -I -- Women's steps.













- | | | |
|---|---|---|
| 1 |  | <p>Lift on R ft (cts 1-2).
Step on L ft slightly sdwd L (ct 3).
Cross and rock on R ft directly in front of L (ct 4).
Rock back on L ft in place (cts 5-6).</p> |
| 2 | | Repeat pattern of meas 1 reversing direction and ftwork. |
| 3 | | Repeat pattern of meas 1. |
| 4 | | As I above except without the knee raising. |

FOLK DANCE CAMP - 1968

Count

POSTUPANO (continued)

VARIATION III -- Fast (Men)

- 1  Lift on R ft, bending and raising L knee slightly (cts 1-2).
 Step on L ft in place beside R (ct 3).
 Cross and rock on R ft directly in front of L (ct 4).
 Rock back on L ft in place (cts 5-6).
- 2 Repeat pattern of meas 1 reversing ftwork.
- 3 Repeat pattern of meas 1.
- 4  Turning to face slightly and moving R, hop on L ft (ct 1).
 Lift step (L) fwd (cts 2-3).
 A slight leap fwd on L ft (ct 4).
 Lift step (L) fwd (cts 5-6).
 A slight leap fwd on L ft (ct-1).
 Lift step (L) fwd (cts 2-3).
 Turning to face ctr, cross and rock on L ft directly in front of R (ct 4).
 Rock back on R ft in place (cts 5-6).

Presented by Atanas Kolarovski