

POSTUPANO ORO  
Macedonia

Postupano is from the Skopje area and is one of the classic Macedonian men's dances.

Source: As learned by Tom Deering from Pece Atanasovski, at his camp in Otesevo Macedonia, 1976.

Pronounced:

Rhythm: 13/16 counted: Quick, Quick, Quick, Slow, Quick, Quick  
1 2 3 4 5 6  
2/16 + 2/16 + 2/16 + 3/16 + 2/16 + 2/16

Recording: JUGOTON LPY-50985, or any Postupano of reasonable tempo.

Formation: Men and Women in separate lines, men in shoulder hold, women in "W" hold. Leader signals step changes at any time. When the men do the squat variation, the women continue the "fast basic." (Squats are definitely optional).

Step Note: CUKCE: ("CHOOK-chay") Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat. When a lift is involved, usually the lifted leg is already up and in place when the cukce is executed.

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Meas Ct  BASIC FIGURE
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1      1      With R lifted in front, CUKCE on L
        2      Step in place onto R (keep weight on ball of R)
        3      Lift L high in front of R, following a slightly circular path
        4      Hold
        5-6    Flex R knee and ankle Down and Up. L stays in position.
2      REPEAT meas. 1 with opposite footwork.
3      REPEAT meas. 1
4      REPEAT meas. 1 with opposite footwork.
5      1-2    Turning to face slightly R, CUKCE on L, lifting and keeping
        R high
        3      Moving to R, Step on R
        4      CUKCE on R, bringing L high in front
        5-6    Step forward onto L, bringing R around high to face center
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REPEAT the basic figure for as long as desired

Note: The transition between variations takes place at the beginning of the "travelling" measure of the previous variation (the 5th measure of the basic figure). The descriptions of the variations will start with this measure.

VARIATION 1 - Swinging Right Foot

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1      1      Facing slightly and moving R, Hop on L, swinging R up and
        across in front of L knee
        2      Step on ball of R in place
        3      Step on L across in front of R
        4-6    REPEAT cts. 1-3
2-5    REPEAT meas. 1-4 of the basic figure
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VARIATION 2 - Faster, With Hops

- 1 1-2 Turning to face slightly R, Hop on L, lifting and keeping R high
- 3 Moving to R, Step on R
- 4 Hop on R, bringing L high in front
- 5-6 Step forward onto L, bringing R around high to face center
- 2 1 Facing center and with R raised on front, Hop on L
- 2 Hop again on L keeping R raised (R foot moves slightly R)
- 3 Leap onto R in place and slightly right
- 4 Leap onto L slightly forward
- 5 Leap back onto R in place
- 3 REPEAT meas. 2 with opposite footwork.
- 4 REPEAT meas. 2
- 5 REPEAT meas. 2 with opposite footwork.

REPEAT this variation until the end of the dance  
(except for interspersed squat variations)

VARIATION 3 - Squats and Turns  
(Men only, when called by the leader)

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When this variation is called, drop shoulder hold and face right along the line. Arms should swing freely.

- 1 1-2 Facing and moving R, Hop on L, lifting R high
- 3 Step forward on R
- 4 Hop on R bring L past R high
- 5 Step quickly onto ball of L foot beside R
- 6 Step forward onto R
- 2 1-2 Large Step forward onto L
- 3 Step onto R beside L, sharing weight
- 4 Hold, standing in place
- 5 Squat in place
- 6 Come Up from squat, weight on both feet
- 3-5 With each measure, take cts 1-4 to turn once in place, then squat and up on cts 5-6. The turns alternate direction with each measure, starting L (3 in all). The turns can be done two different ways. Do them how they are most comfortable for you:

Quick turn

- 1 Jump into the air making a complete 360 degree turn, landing on both feet in place. For a Left turn, start with your L arm about 8" in front of your chest and your R arm down to the R and slightly behind. During the turn, bring both hands to just in front of your chest. The arms end up in the reverse of the starting position (L arm down, R arm in front of chest)
- 2-4 Hold

Slower Turn

- 1 For a Left turn, Hop on R foot, turning 180 degrees L, bringing L foot up in back
- 2 Hop on R again, continuing to turn to face original direction, landing with weight on both feet.
- 3-4 Hold

Dance Description by Tom Deering