

POSTUPANO

(Skopje Region, Macedonia)

Source: As learned from Pece Atanasovski at the Macedonian Folklore Camp, Oteševo, Lake Prespa, Macedonia in July 1971. This dance is one of the Raštak village (near Skopje) dances described by the Jankovič sisters in Narodne Igre #3, as observed by them in 1935 & 1936.

Pronunciation: poh-STOO-pah-no

Formation: Separate lines of men and women. Women, hands held up at shoulder height. Men with hands on each others shoulders, facing slight to R of ctr, wt on LF. This dance is of the characteristic 5 measure *krsteno* (crossing) type wherein one measure travels to the right and four measures are danced in place. The dance begins slowly and increases in tempo.

Rhythm: 13/16

Q Q Q S Q Q
(2/16 + 2/16 + 2/16 + 3/16 + 2/16 + 2/16)
1 2 3 4 5 6

Record: Jugoton LPY-50985 (Postupano Oro)
Dayton 2000 Balkan Folkdance Workshop Tape

<u>Meas.</u>	<u>Ct.</u>	
		<u>Figure I</u> - Facing slightly R.
1	1-2	Moving CCW, čukče* on LF while lifting free RF up in front, R-knee bent.
	3	Moving CCW, Step fwd onto RF.
	<u>4</u>	Continuing to move CCW, čukče* on RF while lifting free LF up in front, L-knee bent.
	5-6	Continuing to move CCW, Step fwd onto LF.
2	1	Turning to face ctr, čukče* in place on LF while lifting free RF up in front, R-knee bent.
	2	Step in place onto RF.
	3	Facing ctr, čukče* on RF while lifting free LF up in front, L-knee bent.
	<u>4</u>	Hold, keeping lifted LF up in front, L-knee bent.
	5-6	Bending R-knee, flex on RF slightly down and up; LF stays in position.
3		Repeat Pattern Meas. 2, this Figure, but with opposite footwork.
4-5		Repeat Pattern Meas. 2-3, this Figure.

		<u>Figure II</u> - Facing center.
1	1	Hop on LF, simultaneously swinging RF up to L-Knee, L-knee bent, so that it almost makes a number "4" with LF.
	2	Facing center, and moving CCW, step sideward to R onto ball of RF.
	3	Facing center, and moving CCW, cross LF in front and to the right of RF.
	<u>4</u>	Hop on LF, simultaneously swinging RF up to L-Knee, L-knee bent, so that it almost makes a number "4" with LF.
	5	Facing center, and moving CCW, step sideward to R onto ball of RF.
	6	Facing center, and moving CCW, cross LF in front and to the right of RF.

(continued on next page)

- Meas. Ct. Figure II (Continued)
- 2 1 Facing center, Hop in place on LF, lifting free RF in front, R-knee bent.
- 2-3 Leap sideward to R onto RF, simultaneously swinging free LF around in front, L-knee bent.
- 4 Hold, keeping lifted LF up in front, L-knee bent.
- 5-6 Bending R-knee, flex on RF slightly down and up; LF stays in position.
- 3-5 Repeat pattern Meas. 3-5, Figure I.
- Figure III - Facing slightly R.
- 1 1-2 Moving CCW, Hop on LF while lifting free RF up in front, R-knee bent.
- 3 Moving CCW, Step fwd onto RF.
- 4 Continuing to move CCW, Hop on RF while lifting free LF up in front, L-knee bent.
- 5-6 Continuing to move CCW, Step fwd onto LF.
- 2 1 Turning to face center, Hop in place on LF lifting free RF fwd, R-knee bent. (Slow)
- 2 Smaller Hop again in place on LF. (Quick)
- 3 Leap in place onto RF by LF. (Slower)
- 4 Leap slightly fwd toward center onto LF.
- 5-6 Leap back into place onto RF.
- 3 1 Turning to face center, Hop in place on RF lifting free LF fwd, L-knee bent. (Slow)
- 2 Smaller Hop again in place on RF. (Quick)
- 3 Leap in place onto LF by RF. (Slower)
- 4 Leap in place onto RF (as you leap, LF moves slightly out to L-side).
- 5-6 Leap in place onto LF, crossing it very slightly in front of RF.
- 4-5 Repeat pattern Meas. 2-3, this figure.

- Figure IV - Men Only (women continue to dance Fig. III).
- 1 1 Turning to face CCW, and moving CCW, drop shoulder hold and let arms swing free at sides. Hop on LF, lifting free RF high forward, R-knee bent.
- 2-3 Step forward (CCW) onto RF.
- 4 Hop on RF, lifting free LF high forward, L-knee bent.
- 5 Leap slightly sideward to L onto ball of LF. (Quick)
- 6 Large step forward (CCW) onto full RF (Slower).
- 2 1 Leap forward (CCW) onto LF.
- 2-3 Step onto RF next to LF (weight is shared on both feet).
- 4 Facing CCW, squat in that position, feet slightly apart, back straight.
- 5-6 Rise out of squat onto both feet.
- 3 1 Hop on LF, turning half a turn to the left.
- 2 Hop again on LF, turn half a turn to left thereby making one full turn.
- 3 Step onto RF in place (end up facing CCW).
- 4-6 Repeat pattern Counts 4-6, Meas 2, this Figure. (Squat)
- 4 Repeat pattern Meas 3, this figure, but with opposite footwork and direction (turning to R).
- 5 1-3 Jump into air making one complete turn to L and come down firmly onto both feet ending up facing CCW.
- 4-6 Repeat pattern Counts 4-6, Meas 2, this Figure. (Squat)

Note: After performing Figure IV, alternate this pattern with Figure III until the end of the music.

Notes by Larry Weiner - 11/2000