

POTRČANO (po - tr - chah - no)

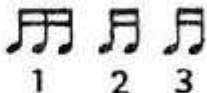
Running.

The dance name focuses upon one of the characteristic movements in the pattern, which are quick "running type" steps.

Potrčano is often performed during weddings and other holidays in the Skopje area. Ilija Ilijevski from Rastak village in the Black Mountains near Skopje showed the dance in 1948.

Both men and women dance in the same open circle or in segregated open circle formations, with the dance leader at the right end. Handhold is low at their sides. Men may perform turns and squats, while the women continue with the basic pattern.

Instrumental accompaniment is with zurla (reed) and tapan (drum), or with gajda (bagpipe), duduk (flute), or supelka (flute).

Meter: 7/16 
1 2 3

<u>Measure</u>	<u>Count</u>	<u>Note Value</u>	<u>Movement Description</u>
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I	1		facing diagonally R of ctr, lift on to ball of L ft
			step R ft fwd
	2-3		step L ft fwd
II	1		lift on to ball of L ft
			step R ft fwd
	2-3		step L ft fwd

Figure 1. Basic Pattern.

POTRČANO



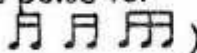



- | | | | |
|---|-----|---|---|
| X | 1 |  | small leap on to L ft in place |
| | 2-3 |  | hop on L ft, lifting R knee fwd in front of L leg, thigh parallel to ground, lower leg angles diagonally toward R |

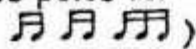
Figure II.




I-V







repeat Fig. I., Meas. I - V

VI (rhythmic pulse for steps - )










- | | | |
|---|--|--|
| 1 |  | turning to face diagonally to L of ctr, hop on R ft in place |
| 2 |  | small step fwd with L ft |
| 3 |  | small step fwd with R ft |

VII (rhythmic pulse for steps - )

- | | | |
|---|---|---|
| 1 |  | turning to face ctr, hop on R ft in place |
| 2 |  | step L ft in place |
| 3 |  | step R ft in place |

- | | | | |
|------|-----|---|---------------------------------------|
| VIII | 1 |  | tiny leap on to L ft in front of R ft |
| | |  | step R ft in back of L ft |
| | 2-3 |  | leap on to L ft in front of R ft |
| IX | 1 |  | tiny leap on to R ft in front of L ft |
| | |  | step L ft in back of R ft |
| | 2-3 |  | leap on to R ft in front of L ft |

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X	1		tiny leap on to L ft in front of R ft
			step R ft in back of L ft
	2-3		leap on to L ft in front of R ft
 <u>Figure III.</u> Turns and Squats (men only; women perform <u>Fig. I or II</u>)			
I-V			repeat <u>Fig. I</u> , Meas. I - V
VI-VII			release hand hold and doing steps of <u>Fig. II</u> , Meas. VI-VII, complete two full turns CCW.
VIII	1		facing ctr, squat (to any level) on both ft, keeping knees parallel
	2-3		rising from squat weight on L ft , lift R knee so that thigh is about parallel with ground
IX	1		squat on both ft (to any level), keeping knees parallel
	2-3		rising from squat weight on R ft, lift L knee so that thigh is about parallel with ground
X	1		facing ctr, squat (to any level) on both ft, keeping knees parallel
	2-3		rising from squat weight on R ft, lift R knee so that thigh is about parallel with ground
			rejoin handhold for Meas. I.

Each Figure is repeated any number of times and in any order.

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