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).

Measure	Count	Note Value	Movement Description
			Figure 1. Basic Pattern.
1	1	Ą	facing diagonally R of ctr, lift on to ball of L ft
	1.5	7	step R ft fwd
	2-3	\mathcal{D}	step L ft fwd
11	1	A	lift on to ball of L ft
		Þ	step R ft fwd
	2-3	Û	step L ft fwd

III (rl	hythmic pu r steps –	第 月用)	
	1	P	step R ft fwd
	2	y	step L ft fwd
	3	Ÿ	step R ft fwd
	nythmic pu ep - 月		
e.	1	አ	step L ft fwd
ro)	2	እ አ	step R ft fwd
	3	Y.	step L-ft fwd
٧	1	¥	turning to face ctr, step R ft to R
	2-3	Û	hop on R ft, L leg fwd low to ground, knee bent slightly
VI	1	γ.	turning to face diagonally L of ctr, step L ft fwd
	2-3	Ω.	steo R ft fwd
VII	1	Y	turning to face diagonally R of ctr, small step L ft to L
	2-3	Û	step R ft diagonally in back of L ft
VIII	1	<i>)</i> .	turning to face ctr, small leap with L ft to L
	2-3	Û	hop on L ft in place, lifting R knee fwd in front of R leg, thigh parallel to ground, lower leg angles diagonally toward L
IX	1	<i>እ</i> .	small leap on to R ft in place
	2-3	Ω	hop on R ft, lifting L knee fwd in front of R leg, thigh parallel to ground, lower leg angles diago- nally roward R

POTRO	ONA		
x	1	V	small leap on to L ft in place
la G	2-3	û	hop on L ft, lifting R knee fwd in front of L leg, thigh parallel to ground, lower leg angles diago- nally toward R
			Figure II.
I-V			repeat Fig. I., Meas. I - V
VI	(rhythmic p steps -	oulse for 月月用)	
	1	ን	turning to face diagonally to L of ctr, hop on R ft in place
	2	Y	small step fwd with L ft
	3	J b.	small step fwd with R ft
VI	I (rhythmic	: pulse for 月月 用)	
	1	P	turning to face ctr, hop on R ft in place
	2	Þ	step L ft in place
	3	D.	step R ft in place
V	111 1)A	tiny leap on to L ft in front of R ft
		Y	step R ft in back of L ft
	2-3	Û	leap on to L ft in front of R ft
íX	1	A	tiny leap on to R ft in front of L ft
		٨	step L ft in back of R ft
	2-3	ũ	leap on to R ft in front of L ft

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

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

POTRČANO (po - tr - chah - no)
Running.

