

POVRATENO

(MACEDONIA)

Pronounced "Pohv-RAH-tay-noh," meaning Forward and Back.

Formation: Mixed lines, shoulder ("T") hold. Wt on L. Figures done any number of times at call of leader.

Record: Yugoslavia Dance and Song, LP M-GT 101, side B, band 1.

Meter: 2/4.

Meas

PATTERN

Start with music or at beginning of any 8-meas phrase.

Figure I

- 1 Facing R, step fwd on R ft, keeping L toe on floor.
- 2 Step back on L ft in place, bending and lifting R leg.
- 3 Step fwd on R ft (ct 1). Bend and lift L leg across R (ct 2).
- 4 Repeat meas 3, reversing ftwk.
- 5 Repeat meas 3, turning 1/4 CCW to face ctr.
- 6 Bend R knee (ct 1). Straighten R knee, moving L ft in an arc, sdwd and behind R knee (ct 2).
- 7 Dip (bend and straighten knee) twice on R (cts 1, 2).
- 8 Step back on L ft (ct 1). Turning 1/4 CW to face LOD, bend and lift R leg across L (ct 2).

Figure II

- 1-2 Repeat meas 1-2, Figure I.
- 3-4 Beginning with R ft, take 2 running two-steps moving LOD (cts 3-&-2, 4-&-2).
- 5-8 Repeat meas 5-8, Figure I.

Figure III

- 1-2 Wt on L, take 2 hop-steps moving LOD (cts 1-&-2, 2-&-2).
- 3-8 Repeat meas 3-8, Figure II.

Figure IV

- 1-4 Repeat meas 1-4, Figure III.
- 5 Leap onto R ft facing ctr, bending and lifting L leg across R (ct 1). Hold (ct 2).
- 6 Bounce twice on R (cts 1, 2). Leap on L ft in place (ct 2&).
- 7 Take 2 steps (R-L) in place (cts 1, 2). Step R in place (ct 2&).
- 8 Leap on L ft in place, bending and lifting R leg across L (ct 1). Hop on L, turning to face LOD (ct 2).

Figure V

- 1-4 Repeat meas 1-4, Figure III.
- 5 Leap on R ft facing ctr, L leg bent and lifted across R (ct 1). Leap on L in place, R leg bent and lifted across L (ct 2).
- 6 Leap on R in place, L leg bent and lifted across R (ct 1). Hop on R (ct 2).
- 7 Hop again on R (ct 1). Take 2 steps (L-R) in place (cts 1&-2).
- 8 Take 2 steps (L-R) in place (cts 1-1&). Leap on L in place, R leg bent and lifted across L, turning to face LOD (ct 2).