

POVRATENO or POVRACANO -- Macedonia (Skopje)

(Line dance, no partners)

Translation: Returning or repeating
Meter: 2/4
Record: Folkraft LP-15, side B band 5.
Starting Position: "W" position. Right foot free.

VARIATION I

Measure
1-3

Facing slightly and moving right, three LIFT-STEPS*
(left, right, left), raising free knee high on the lift.

4

Rock forward on left foot (count 1),
Turning to face center, step **sideward** right on right foot. (count 2).

5-8

Repeat pattern of measures 1-4 reversing direction and footwork.

VARIATION II

1

Facing slightly and moving right,
Lift on Left foot, raising right knee high, (count 1),
STEP-CLOSE (Right)** (counts 2-and).

2

Step forward on right foot (count 1),
STEP-CLOSE (left) (counts 2-and).

3

Two steps forward (left, right) (counts 1-2).

4

Rock forward on left foot (count 1),
Turning to face center, step **sideward** right on right foot
(count 2).

5-8

Repeat pattern of measures 1-4, reversing direction
and footwork.

VARIATION III

As II above, except dancers release hands and make a
CW circle on the step-closes of measures 1, count 2 to
measure 3 count 1. Then a CCW circle on measure 5 count
2 to measure 7 count 1.

* LIFT-STEP - Raise heel (count "ah" before the beat). Lower heel (count 1 of the beat). NOTE: The weight of the body is also raised and lowered. Macedonians and Bulgarians refer to this movement as "čukce". Step.

**STEP-CLOSE (right): Step on right foot (count 1). Close and step on left foot beside right (count 2). Repeat, reversing footwork for Step-Close (left).

Northwest Balkan Camp
presented by Koleda