

PRAVOTO ORO
Macedonia

Source: As learned by Tom Deering from Pece Atanasovski,
at his camp in Otesevo Macedonia, 1976. Pravoto is
from central to southern Macedonia.

Rhythm: 2/4

Recording: Jugoton LPY-V-780 - Bitola Babam Bitola (Narodno Oro)

Formation: Mixed or segregated lines with arms in shoulder hold.
Leader signals step changes at any time. Variations
3, 4, & 5 are usually followed immediately with
Variation 2 (turns) then the basic figure.

```
=====
```

Meas	Ct	BASIC FIGURE
-----	----	-----
1-2	1	Facing slightly and moving R, take four walking steps R, L, R, L
3	1	Facing center, Step on R ft in place
	2	Lift L leg so L ft is in front of R shin (men lift so that L thigh is parallel with floor)
4	1	Step on L ft in place
	2	Lift R leg so R ft is in front of L shin
VARIATION 1 - Turns		
1-2		Using the same footwork as the basic figure, make two CCW turns moving with the line, ending in shoulder hold.
3-4		REPEAT meas. 3-4, Basic figure
VARIATION 2 - Squats		
1-2		REPEAT meas. 1-2, Basic figure or Variation 1
3	1	Facing center, Step on R ft and Squat on both feet in place
	2	Rise to standing with weight on R ft while Lifting L leg so L ft is high in front of R leg
4		REPEAT meas. 3 with opposite footwork
VARIATION 3 - Knees		
1-2		REPEAT meas. 1-2, Basic figure or Variation 1
3	1	Facing R, Step forward on R ft, bending knees so the L knee is almost touching the floor. Left thigh should be nearly vertical.
	2	Pause, holding position
4	1	Keeping knees bent and without picking up feet, Turn to face left so the R knee is nearly touching the floor
	2	Pause, holding position. Rise to standing at the end of

the count.

VARIATION 4 - Leg Out

- 1-2 REPEAT meas. 1-2, Basic figure or Variation 1
- 3 1 Facing R, Squat on R ft, extending L leg along floor to R
2 Pause, holding position
- 4 1 Keeping squat position, Turn to knees to L bringing L ft
under body and transferring weight to L ft
2 Pause, holding position. Rise to standing at the end of
the count.

Dance Description by Tom Deering

the count.

VARIATION 4 - Leg Out

- 1-2 REPEAT meas. 1-2, Basic figure or Variation 1
- 3 1 Facing R, Squat on R ft, extending L leg along floor to R
2 Pause, holding position
- 4 1 Keeping squat position, Turn to knees to L bringing L ft
under body and transferring weight to L ft
2 Pause, holding position. Rise to standing at the end of
the count.

Dance Description by Tom Deering