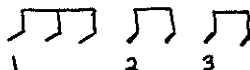


## PRAVOTO

This dance is done throughout Macedonia under various names, including: Lesnoto, Pravoto, Teškoto (but not the Teškoto done on stage, which is specifically Mijak) and by the names of various songs to which it is danced. "Pravo Oro" is danced in both 2/4 or 4/4 and 7/8 rhythms. Pravoto may be danced in 7/8 in most areas of Macedonia, excluding the Mijak area, particularly when the dance is done slowly or "teško". When it speeds up, the dance rhythm usually becomes 2/4. In addition, many songs to which it is danced are in 2/4 rhythm.

This music is in 7/8. We will indicate the beats as follows:



Open circle. Hands are joined and held forward at shoulder level. The dance may be done in a mixed circle or in separate lines of men and women. Face center or just R of center.

### BASIC STEP

Measure	Beat		
I	1	Step R to R (RLOD)	
	2	Čukče on R	Free L is raised high forward, and across in front of R. L knee is bent.
	3	Step L across in front of R (RLOD)	
II	1	Step R to R	
	2	Čukče on R	Free L is raised high forward, bent at knee.
	3	Čukče on R	Free L is raised high forward, bent at knee.
III	1	Step L to L (LLOD)	
	2	Čukče on L	Free R is raised high forward, bent at knee.
	3	Čukče on L	Free R is raised high forward, bent at knee.

### VARIATION: TURNS

- I Drop hands and hold R hand in front of the chest and left hand behind the back. Make a complete CW turn while moving somewhat to the right. The footwork is the same as in I above: R; Čukče R; L.
- II-III Same as in basic step above.

PRAVOTO, CONTINUED

VARIATION: KNEELING

Measure	Beat		
I		Like I in the basic step, but leap a bit into count 3 in preparation for kneeling.	
II	1	Step R forward	You are facing diagonally R of center and already squatting on deeply bent knees.
	2	L knee touches ground	You are now facing RLOD and L knee and R foot are on the ground.
	3	Hold.	
III	1	Lift left knee from ground.	Turn to face left of center, squatting on both feet.
	2	R knee touches ground	Face LLOD. R knee and L foot are on ground.
	3	Hold - begin to rise at end with weight on L.	

NOTE: Women's styling is much more subdued, barely lifting the free foot off the ground. Women do not do squats, turns or kneels.