

STARA MAKEDONKA

Source: This Macedonian dance is described in Narodne Igre by L. & D. Janković, 1934. Taught by Elsie Dunin at the 1962 Kolo Festival.

Record: XOPO 311-A (45 rpm); XOPO 306 (78 rpm, no longer available) (3/8)

<u>Meas.</u>	<u>Ct.</u>	
1	1	Facing slightly to L LOD, cross R ft in front of L
	2	Close L ft to R
	3	Hold
2-3		Repeat Meas. 1 twice
4	1	Facing center, lift R fwd while lifting L heel off ground
	2	Close R to L ft; 3 - Hold
5	1	Lift L fwd while lifting R heel
	2	Close L to R ft; 3 - Hold
6	1	Cross R to diagonal L in front of L ft with loud large step
	2	Step L in place; 3 - Swing R to RLOD in preparation for next step
7	1	Lifting and lowering L heel, step on to R ft
	2	Transfer wt to R ft; 3 - Swing L in front to RLOD
8	1	Lifting and lowering R heel, step L in front of R ft
	2	Transfer wt to L ft; 3 - Swing R to RLOD
9		Repeat Meas. 7
10	1-2	Repeat Meas. 8, cts. 1-2
	3	Swing R to opposite LOD (L) in preparation to repeat dance from beginning.