

ŠTIPSKO ORO

This dance comes from the region of Štip, in eastern Macedonia. It is still danced around this area at every opportunity. Part of its popularity comes from the fact that the musicians in the area move from village to village and both the music and dance develop as they spread from village to village. The musicians often teach dances, although nobody teaches verbally--just by demonstration. When the musicians dance, the village dancers learn by following.

by Atanas Kolarovski

RECORD: AK 005, Side B, Band 6

RHYTHM: 2/4

FORMATION: Mixed lines. Belt hold preferred, L over R. Girls can use promenade position. When moving to right or left, knees are very flexible. When dancing in place, use more moderate knee action.

Part I: (Seven Measure Phrase)

- 1- Step R, Step L close to R
- 2- Step R, Lift L slightly
- 3- Step L across in LOD, Step R
- 4- Step L, Lift R slightly
- 5- Bend L knee and step R to R with slight lift, Hold
- 6- Step L to L with slight dip, Step R close to L with slight lift
- 7- Step L with flexed knee, Slight lift on L, raising R knee to side, in preparation to repeat pattern

Repeat Part I, three more times (4 times in all)

Part II: Facing Center

- 1- Step R to R, Close L to R
 - 2- Step R, Close L to R
 - 3- Step R, Lift L with R foot forward
 - 4- Step L, Lift R with L foot forward
 - 5- Step R to R, Close L
 - 6- Step R, Lift L with R foot extended to side
- Repeat 5-6 with opposite footwork in opposite direction

Part III: Following foot is closed to arch of leading foot throughout

- 1- Step R to R, Close L to R
- 2- Step R, Close L to R
- 3- Step R, Lift L with R foot forward
- 4- Step L, Lift R with L foot forward
- 5- Step R, Hold (lift)
- 6- Step L, Step R (like a rocking step)
- 7- Step L, Cross R
- 8- Step L, Slight lift, with R foot slightly in front in preparation to repeat pattern

Part IV:

- 1-4 Repeat 1-4 Figure III, with L foot closing to arch of R
- 5- Step R, Lift L
- 6- Step L, Step R behind
- 7- Step L to L, Step R across in front
- 8- Step back on L, Lift on L with R slightly to side

Part V: Done with bent knees and feet flat and very close to floor, giving a skipping effect

- 1- Hop on L, Step R, Close L
- 2- Hop on L, Step R, Close L
- 3- Lift on L and thrust R forward, Lift on L, Step R
- 4- Lift on R and Kick L foot to side, heel out, Click L to R
- 5- Hop on R (lifting L and swinging in a small circle to left, Step L slightly to L
- 6- Step R in place, Step L in place, Step R in place

continued...

STIPSKO ORO CONTINUED

Part IV: (continued)

- 7- Hop on R, Swing L in small circle to left, Step L slightly to L
- 8- Lift on L, swing R to side, Click R to L

Figures change as called by leader

This description is meant as refresher notes only, for use after having learned the dance from a qualified instructor. Proper styling must be learned in person as it cannot be adequately described in writing.

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