

Troponalo Oro

(Macedonia)

Translation: Stamping Dance.

Record: Folkraft LP-24, side B band 5 (1:55) - orchestra.

Formation: Line dance, no partners. "V" position, or belt hold. R foot free.

<u>Measure</u>	<u>Pattern</u>
1-2	Facing slightly and moving R, two Step-Closes (R) fwd.
3-4	Two Running Two-Steps (R, L) fwd.
5-7	Three Step-Hops (R, L, R) fwd.
8	Hop-Step-Step (R) fwd.
9-10	Turning to face center, Step-Close Step-Touch sdwd L.
11-12	Step-Close (R) Step-Touch (R) fwd.
13-14	Step-Close (L) Step-Touch (L) bkwd.
15	Releasing hands, three quick steps (R, L, R) turning L (CCW) once around in place (cts 1-ah-2).
16	Rejoining hands, Hop-Step (R) in place.

Note: Bend knees sharply on the touch and close steps above.

Step-Close (R) in 7/16: Step on R foot (ct 1), close and step on L foot beside R (ct 2). Repeat, reversing footwork, for Step-Close (L) in 7/16. Step-Hop, Step-Touch and Hop-Step are in the same rhythm.

Running Two-Step (R) in 7/16: A slight leap on R foot (cts 1-and), close and step, or a slight leap, on L foot beside R (ct "ah"), step or a slight leap on R foot (cts 2-3). Repeat, reversing footwork, for Running Two-Step (L) in 7/16.

Hop-Step-Step (R) in 7/16: Hop on R foot (cts 1-and), step on L foot (ct "ah"), step on R foot (cts 2-3).