

POSTUPANO ORO
Northern Macedonia, Skopje Region

As learned by Billy Burke from Atanas Kolarovski in the late 1960s.

Meter: 13/16 Counted Q, Q, Q, S, Q, Q

Recording: Several are available. Pece Atanasovski has several on Jugoton, one on a 78 dating back to the 1950s. The recordings used in this session is by Sinisa Grujoski.

Formation: For recreational purposes dance in a mixed line with hands in “W” position for the first part and hands coming down for second and third parts. Traditionally this dance is done with a men’s line, shoulder hold, and a separate women’s line, hands in “W” position and then down.

Step: A “Ćukče” starts with weight on one foot, a quick raise on the all of the foot and then bring the heel back down to place.

Part One – Two measures of metered intro.

Measure

- 1 Ćukče on Lft. (Q), place Rt. slightly right (Q), take weight on Rt. starting to bring Lft. leg around to front (Q), Lft. leg finishes coming around to front (S), Flex Rt. knee on (Q) and straighten on second (Q).
- 2 Repeat measure 1 with opposite footwork.
- 3-4 Repeat measures 1 and 2.
- 5 Ćukče on Lft. (Q). Place Rt. to right (Q). Take weight on Rt. (Q), Ćukče on Rt. (S), step on Lft. across Rt. (Q,) weight on Lft., face center on last (Q).

This pattern continues until a change is called by the leader.
Often the music might speed up to give a feeling for a change.

Step 2 – Leg swing on traveling step. This happens on measure 5.

- 5 Hop on Lft, swinging Rt. in front of Lft. (Q), Step on Rt. to right (Q), Step on Lft. across in front of Rt. (Q), Hop on Lft, bringing Rt. (S), Step on Rt. in place (Q), Step on Lft. in place bring Rt. leg raised to front.

Step 3 – Hands lowered

- 1 Čukče on Lft. (Q), Step on Rt. in place (Q), Hold (Q), Step on Lft to center (S), Step back on Rt. (Q), Hold on Rt., raising Lft. leg slightly in front. (Q).
- 2 Repeat measure 1 with opposite footwork.
- 3-4 Repeat measures 1 & 2,
- 5 Hop on Lft. facing slightly right, raising Rt (Q, Q) Step on Rt. traveling to right, raising Lft. knee. (Q,), Hop on Rt., raising Lft. knee (S), Step on Lft. to face center (Q, Q).

Beyond these three steps there are squats and turns available for the men's line. Descriptions exist on a variety of other dance notes. See "Folk Dance Musings" and "The Folk Dance Federation, South" for descriptions of these energetic movements.