

Žensko Makedonsko

Northern Macedonia

Source: Originally taught by Zoran Vašilhvec of the Frula Folk Ensemble at an AMAN institute in the early 1970s.

Meter: A 9/16, technically a Q, Q, Q, S but the first part of the dance is so slow that it is usually counted as S, S, S, QS. In either case the count is 1,2-1,2-1,2-1,2,3. For the sake of this description the slow part will be notated with the S, S, S, Q, S counts. The faster second part will be with the Q, Q, Q, S counts.

Formation: For the first, very slow part of the dance an open circle, hands joined and held at shoulder height, and very slightly forward. When the music speeds up the hands are lowered and held down.

Measure: Step 1

1 With weight on Rt., point the Lft. in front (S). Point Rt. to left side (S). Bring Lft. next to Rt. (S). Čukče on Rt. (Q). Step on Lft in place (S).

2 Step on Rt. in place (S). Step on Lft. in place (S). Čukče on Lft. with Rt. lifted in front (S). Čukče on Lft. (Q). Step on Rt. in place (S).

Note: On the first two steps in place the foot being stepped on has a slight feeling of being drawn from slightly front to place.

3 Čukče on Rt. with Lft. raised slightly in front (S). Step on Lft. in place (S)
Čukče on Lft. (S). Čukče on Lft. (Q). Step on Rt. in place (S).

Step on continues until the music speeds up. This speed up will occur after a measure 1 of Step 1.

Step 2 (Now counted Q, Q, Q, S)

1 Step on Rt. in place (Q). Step on Lft. in place (Q). Čukče on Lft. with Rt. lifted in front (Q). Čukče on Lft. (Q). Step on Rt. in place (S).

Note: On the first two steps in place the foot being stepped on has a slight feeling of being drawn from slightly front to place.

2 Čukče on Rt. with Lft. raised slightly in front (Q). Step on Lft. in place (Q)
Čukče on Lft. (Q). Čukče on Lft. (Q). Step on Rt. in place (S).

Note: These two measures are really only the measures 2 and 3 of step 1 done with small, quick movements.

3 Leap forward on Lft. facing diagonally right (Q). Step back to place on Rt. (Q).

Step on Rt. in place (S). Čukče on Rt. with Lft raised slightly in front (Q). A very quick Čukče on RT. to on the way to stepping on the Lft. (S).

Note: The original choreography has the fast part done with the left hand on waist and the right hand raised with a waving handkerchief.

There was also a choreographed ending following the retard in the music with a simple scissors Rt., Lft. and slowly sink to place with feet together.