

Makedonsko Narodno

Origin: Macedonia

Record: RPC BG-1001. Side A, Band 2. Or other "Narodno" or "Pravoto" tunes of this type.

Formation: Mixed lines or open circle with hands joined in "W" position a bit forward, facing LOD, wt on L ft. Leader holds a handkerchief.

Source: Yves Moreau

Note: This is one of the many variations of the Narodno or Pravoto type in 2/4 meter found in Macedonia and parts of western Bulgaria. It was observed at a wedding near Skopje, Macedonia, in the summer of 1966.

Style: Partly danced on balls of feet with knees slightly bent, upper part of body erect and proud. Leader indicates change in pattern at own discretion. Arms are loose enough to create slight jiggling effect while moving.

Meter: 2/4

No introduction. Leader may start at beginning of any musical phrase.

1. Basic

Meas.	Ct.	
1	1	Moving LOD step on R
	2	Step on L
2		Repeat action of measure 1.
3	1	Turn to face ctr and step slightly on R to R
	2	Raise L ft bending knee and slightly crossed in front of R
4	1	Still facing ctr, step on L next to R
	2	Raise R ft bending knee and slightly crossed in front of L
5		Repeat action of measure 4, reversing direction and ftwk.
6	1	Turn to face slightly RLOD and step on L
	2	Step on R across L
7	1	Facing ctr, step on L to L
	2	Step on R behind L
8		Repeat action of measure 4,

2. Two-step

1	1	Facing LOD step fwd on R
	&	Step on L closing behind R
	2	Step on R
2		Repeat Meas. 1 reversing ftwk..
3-8		Repeat Meas. 3-8, Fig. 1.

3. Turning two-step

1-2		Repeat Meas. 1-2, Fig. 2, but making a half-turn individually CW on each two-step. Let hands of your neighbors go on this part. This is like in Povrateno.
3-8		Repeat Meas. 3-8, Fig. 1.

4. Fast part

NOTE: When music gets faster, hands go down, still joined at sides and patterns 1-3 can be danced with lighter and sharper steps, leader may perform fancy steps and squats on measures 3-5.