

Sadilo Mome (Manevski)

Origin: Macedonia

Record:

Formation: Mixed lines with hands in "V" position, facing LOD

Source: Ljupco Manevski, principal dancer and choreographer for Tanec.

Note:

Style: Macedonian – weight primarily on ball of ft, movements smooth and graceful.

Meter: 2/4

Part 1

Meas.	Ct.	
1	1	Step fwd on R ft
	2	Step fwd on L ft
2		Repeat Meas. 1
3	1	Step fwd on R ft
	&	Step on L ft next to R ft
	2	Step fwd on R ft
4		Repeat Meas. 3 reversing ftwk
5	1	Step fwd on R ft
	2	Touch L ft next to R ft
6	1	Turn to face ctr with wt on both ft
	2	Step fwd on L ft
7	1	Step back on R ft
	2	Lift on R ft raising L knee high
8	1	Turning to face diag/L, step fwd on L ft
	2	Step on R ft across in front of L ft
9		Repeat Meas. 8
10	1	Step fwd on L ft
	2	Touch ball of R ft next to L ft
11	1	Turn to face ctr with wt on both ft
	2	Step fwd on R ft
12	1	Step back on L ft
	2	Lift in L ft raising R ft in front

Part 2

1	1	Hop on L ft
	&	Step fwd on R ft
	2	Step fwd on L ft
2		Repeat Meas. 1
3	1	Step fwd on R ft
	&	Step fwd on L ft
	2	Step fwd on R ft
4		Repeat Meas. 3 reversing ftwk
5	1	Take a long sweeping step to R on R ft
	2	Pause
6	1	Turning to face ctr, step fwd on L ft
	2	Lift on L ft raising R ft behind L knee
7	1	Step on R ft to R
	2	Lift on R ft raising L ft behind R knee

8	1	Hop on R ft
	&	Step on L ft behind R ft
	2	Step to R on R ft
9		Repeat Meas. 8
10	1	Small leap to L on L ft
	2	Kick R ft fwd low
11	1	Step on R ft in place
	&	Step on L ft in place
	2	Step on R ft in place
12	1	Hop on R ft turning to face LOD
	2	Step fwd on L ft