

Makedonska Sedenka

Origin: Macedonia

Record: WT 10003 B

Formation: Line dance, belt hold, or hands joined, held low.

Source: Atanas Kolarovski

Note: Shope dance from Eastern Macedonia presented in America by Atanas Kolarovski, 1968.

Style: Small running steps, on balls of the feet.

Meter: 11/16 - 5 counts per measure, Q,Q,S,Q,Q.

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

- Step I - BASIC STEP (Ohz-no-ven cheh-kor) Meas Count Pattern
- | Meas. | Ct. | |
|-------|-------|--|
| 1 | 1,2,3 | Running ford in LOD (CCW) step R,L,R |
| | 4,5 | Hop on R (4). Step fwd on L (5) |
| 2-7 | | Repeat measure 1, turning to face center at end of meas.7. |
| 8 | | Side step to left (see step II- measure 2) |
- Step II Side Step- called (Skrah-ten)
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|---|------|---|
| 1 | 1,2, | Facing center, step on R to right. Close L to R. Step on R to right, bending knees. |
| | 4,5 | Close L to R, bouncing on both feet on cts 4,5. |
| 2 | | Side step to L (same as meas-.1, starting with L t, and moving to the left. |
- Step III - COME BACK (Poh-vrah-tee) - also called FORWARD AND BACK.
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|---|-------|---|
| 1 | | Facing and moving in LOD, repeat basic step. |
| 2 | 1,2,3 | Step fwd, R,L,R, bending both knees on ct. 3 (L knee high) |
| | 4,5 | Step in place L,R (high stepping action) |
| 3 | 1,2 | Step back in RLOD, L,R. |
| | 3 | Facing center, step on L, bending both knees (R knee high). |
| | 4,5 | Step in place R,L (high stepping action). |
- Step IV - STAMP (Chuke-nee) - 3 measure pattern
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|---|-----|---|
| 1 | | Repeat basic step. |
| 2 | 1,2 | Facing center, step on R to side (1),L behind R (2) |
| | 3 | Step on L to side, knees bent, touch L toe in front of R. |
| | 4,5 | Step on L to left (4). Step on R in front of L. (5) |
| 3 | 1,2 | Still facing center, step on L-to left (1), R behind L (2). |
| | 3,4 | Step on L to left (3). Hop on L (4). |
| | 5 | Body bent fwd, slap R ft in front of L, R ft extended fwd. |
- When repeating this pattern, meas. 1 is changed as follows:
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|---|-------|--|
| 1 | 1,2 | Hold position of count 5, measure 3, for counts 1,2. |
| | 3,4,5 | Step on R fwd in LOD (3). Hop on R (4). Step on L (5). |
- Step V Stamp with DOUBLE STEP (Chuke-nee _du-ploh)
- 1,2,3 Same as pattern of step IV, except that in place of holding cts. 1,2 of meas. 1, two quick steps are taken in place, R, L.

- Step VI Stamp step-long hold - 4 measure pattern
- 1,2,3 Same as pattern of step IV.
 - 4 Keep R ft extended, body bent for complete measure.
 - 5-8 On repetition of step VI, keep R ft extended for cts.1,2 of measure 1.

Repeat everything as above.

- Step VII - CROSS-STEP- (Lo-ker-sten the-kor)
- 1 Basic step.
 - 2 Same as action of meas. 2, step IV.
 - 3 Reverse of meas. 2. Start with L, and move to left.
 - 4-5 On repetitions of CROSS STEP, only meas. 2 & 3 are repeated.

-- Leader calls steps. Basic step and step VII (cross step) are done as 8 measure units. Side step as a 4 meas. unit. Other steps are done 2, 3 or 4 times depending on leader.