

Staro Makedonsko

(Macedonia)

This dance is from Skopje area and still danced today at many different occasions such as weddings, name days, sobors, etc.

Pronunciation: STAH-roh mak-eh-DON-skoh

Music: 8/16 meter *Makedonski Narodni Pesni i Ora, Stockton Folkdance Camp 2011, Band 6*

Formation: Mixed line or open circle; hands joined in W-position.

<u>Meas</u>	<u>8/16 meter</u>	<u>Pattern</u>
	<u>INTRODUCTION.</u> No action.	
	I. <u>FIGURE I</u>	
1	Facing LOD, hop on L (ct 1); step R fwd (cts 2-3); bounce on R (cts 4-5); bounce again on R (ct 6); step L fwd (cts 7-8).	
2	Slightly lift on L (ct 1); step R fwd (cts 2-3); step L fwd (cts 4-5); slightly leap on R fwd (ct 6); step L fwd (cts 7-8).	
3-4	Repeat meas 1-2.	
5	Facing ctr, hop on L (ct 1); step R fwd (cts 2-3); step L fwd (cts 4-5); step R back (cts 6-8). [Optional: wait and step back on ct 8.]	
6	Repeat meas 5 with opp ftwk and direction.	
7-8	Repeat meas 5-6.	
	II. <u>FIGURE II</u>	
1	Facing LOD, slightly leap onto R fwd (ct 1); step L fwd (cts 2-3); step R fwd (cts 4-5); slightly leap onto L fwd (ct 6); step R fwd (cts 7-8).	
2	Slightly lift on R (ct 1); step on L fwd (cts 2-3); step on R fwd (cts 4-5); slightly lift on R (ct 6); step on L fwd (cts 7-8)	
3-4	Repeat meas 1-2.	
5	Facing ctr., hop on L (ct 1); step R to R (cts 2-3); bounce on R and raise L in front (cts 4-5); bounce twice on R and bring L behind R calf (cts 6-8).	
6	Lift on R (ct 1); step L next to R (cts 2-3); bounce on L, raise R in front (cts 4-5); bounce on L twice and bring R behind L calf (cts 6-8).	
7-8	Repeat meas 5-6.	
	III. <u>FIGURE III</u>	
1-4	Repeat Fig II, meas 1-4.	
5	Facing ctr, leap onto R to R (ct 1); step L in front of R (cts 2-3); step R to R (cts 4-5); leap onto L to L (ct 6); step R in front of L (cts 7-8).	

Staro Makedonsko — continued

- 6 Slightly lift on R (ct 1); step L fwd (cts 2-3); step R fwd (cts 4-5); slightly lift on R (ct 6); step L back (cts 7-8).
- 7-8 Repeat meas 5-6.

Presented by Fusae Senzaki-Carroll