

Tri Godini Kate

Origin: Macedonia

Record:

Formation: Lines or open circle, hands joined in "W" pos.

Source:

Note:

Meter: 7/8 counted SQQ

10 Measure instrumental introduction

Part I – Slow music with vocal

Meas.

- 1 Facing LOD, step fwd on R ft (ct. 1); lift on R ft (ct. 2); step fwd on L ft (ct. 3)
- 2 Step fwd on R ft and turn to face ctr (ct. 1); lift on R ft bringing L knee up in front (cts. 2, 3)
- 3 Turning slightly CCW, step on L ft (ct. 1); lift on L ft, bringing R leg with bent knee up in front and finish facing RLOD (cts. 2, 3)
- 4 Step bkwd on R ft, lowering hands to sides and bending fwd slightly from waist (ct. 1); step bkwd on L ft (cts. 2, 3)
- 5 Step bkwd on R ft (ct. 1); bringing hands up and straightening body, lift on R ft, bringing L leg with bent knee up in front of R leg (cts. 2, 3)
- 6-10 Repeat Meas. 1-5 reversing direction and ftwk
- 11-20 Repeat Meas. 1-10 and finish facing ctr.

Part II – Faster instrumental music

- 1 Facing ctr, step fwd on R ft (ct. 1); step on L ft next to R ft (ct. 2); step fwd on R ft (ct. 3)
- 2 Repeat Meas. 1 reversing ftwk
- 3 Step on R ft in place (ct. 1); lift on R ft bringing L leg with bent knee up in front (cts. 2, 3)
- 4 Repeat Meas. 3, reversing ftwk
- 5-8 Repeat Meas. 1-4 reversing direction (away from ctr).

Repeat entire dance from the beginning.