

Berovsko Za Pojas

Macedonia

This dance is from Berovo area. It is danced in many occasions, Slava, wedding, picnic etc..

Formation: Mixed line with belt hold

Rhythm: 4/4

Meas

Fig. 1

- 1 Facing diag. to CCW, Hop on L (ct. 1), Step on R fwd (ct. &), Step on L fwd (ct. 2), Small Steps with R,L,R fwd (cts. 3&4)
- 2 Small steps with L,R,L fwd (cts. 1&2); Step on R fwd and face ctr. (ct. 3); Hop on R and bring L knee up in front (ct. 4)
- 3 Step on L to L (ct. 1); Hop on L (ct. 2); Step on R in front of L (ct. &); Step on L to L (ct. 3); Hop on L and bring R knee up in front (ct. 4)
- 4 Step on R to R (ct. 1); Hop on R and bring L knee in front (ct. 2); Repeat cts. 1-2 with opp. ft (cts. 3,4)

Fig. 2

- 1 Facing ctr., Step on R to R (ct. 1); Hop on R and bring L knee up in front (ct. 2); Repeat cts. 1,2 with opp ft. (cts. 3-4)
 - 2 Hop on L (ct. 1); Step on R next to L (ct. &); Step on L in place (ct. 2); Repeat cts. 1&2 (cts. 3&4)
 - 3 Step on R to R (ct. 1); Hop on R and bring L knee up in front (ct. 2); Step on L next to R (ct. &); Repeat cts. 1,2,& (cts. 3,4,&)
 - 4 Step on R in place (ct. 1); Hop on R and bring L knee up in front (ct. 2); Step on L, R, L in place (cts. 3&4)
- 5-12 Repeat Meas. 1-4 two more times.

Fig. 3

- 1 Repeat Fig. 1, meas. 1
- 2 Small steps with L,R,L fwd (cts. 1&2); Small steps with R,L fwd (cts. 3&); Leap on R in front of L to RLOD (ct. 4)
- 3 Repeat Fig. 1, meas. 3, cts. 1,2,& (cts. 1,2,&); Step on L to L (ct. 3); Step on R to L (ct. &); Leap L to L and bring R knee up in front (ct. 4)
- 4 Step on R to R (ct. 1); Hop on R and bring L knee up in front (ct. 2); Step on L,R,L in place (cts. 3&4)

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