

POSTUPANO ORO  
(Macedonia)

**SOURCE:** The dance was learned by Rick Uejada-Flores from Tihomir Bardzovski, member of the Orce Nikolov Ensemble from Skopje, Macedonia.

**STYLE:** The dance is a men's dance. If done by women it should be done in separate men's and women's lines. Each step is begun by stepping gently onto the ball of the foot, and then taking the full weight. When a leg is lifted, it is brought to waist level with the knee and foot turned in. The feet are pointed down when lifted. This dance, and Macedonian dances in general, are done with exaggeratedly straight posture.

**RHYTHM:** 13/13, broken down thus: 2/16--2/16--2/16--3/16--2/16--2/16, or one-two-three-FOUR--five-six. The tempo of the dance should remain slow throughout.

**FORMATION:** Line, holding hands loosely at shoulder level.

**MUSIC:** Oro se Gaida I Orkestar on Sperry LP 60, slowed down considerably.

The dance has two figures which are alternated at will by the leader.

FIGURE I

Measure Count

- |       |       |  |
|-------|-------|--|
| 1     | 1     | Facing center, step onto R ft. in place, bending R leg slightly, and lifting L leg in place.             |
|       | 2 and | Continue lifting L leg up and around with slight pawing gesture to position in picture. At the same time |
|       | 3     | straighten the R leg.  |
|       | 4     | Dip on R leg   |
|       | 5     | Straighten R Leg   |
|       | 6     | H old  |
| 2 and |       | Repeat measure 1 with alternating feet   |
| 3     |       |  |
| 4     | 1 to  | Repeat cts. 1 to 3 of measure 1 (with opposite feet)   |
|       | 3     |  |
|       | 4 and | H old  |
|       | 5     |  |
| 5     | 1     | Facing LOD, step to R on R ft.   |
|       | 2 and | Bring L ft up and around, preparing to step  |
|       | 3     |  |
|       | 4     | Step L ft across R   |
|       | 5 and | Bring R ft up and around preparing to step   |
|       | 6     |  |
| 6     |       | Repeat measure 5   |

continued

Postupano Oro continued

FIGURE II

Measure      Count

1 to  
4

Same as measures 1 to 4 of Figure I

5

1

Twisting the hips, swing the R leg and foot to the L, facing slightly L

2

Turn body to face slightly R, step with the R ft behind and to the R of the L ft. As you step on the R ft, lift L ft and turn slightly R

3

Step in place with the L ft, turning to face center, and bringing the R leg slightly fwd, and up.

4

Raising the R leg to waist height, repeat count 1

5 and

Repeat cts 2 and 3

6