

X
POTRCANO
Macedonia

Brisk dance from Skopje, the capitol of Macedonia. The name means "hurrying."

Source: As learned by Tom Deering from Atanas Kolarovski.

Pronounced: poh-TUR-chah-no

Rhythm: 7/16 counted: Slow, Quick, Quick (1, 2 3)
sometimes: Slow, Quick-quick (1 & 2)

Recording: Folkraft LP-15

Formation: Danced in mixed lines holding hands down with the leader on the right. The dance should start with the melodic phrase. When doing the men's variations, the men drop hands then rejoin the line as the movement allows. The men may continue to do the basic step between variations without rejoining hands, or rejoining into a men-only line. When the men are doing their variations, the women dance as individuals with hands on hips, keeping the formation of the line, or form a women-only line.

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Meas Ct BASIC STEP

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| ----- | | |
| 1 | | With weight on L, Hop-Step-Step (L, R-L) in LOD |
| 2 | | Another Hop-Step-Step (L, R-L) in LOD |
| 3 | | Running Two-step (R, L, R) with a slight leap on count 1 of the measure |
| 4 | | Another Running Two-step (L, R-L) |
| 5 | 1 | Turning to face center, Leap onto R in place, lifting L in front of R |
| | & 2 | Hop on R in place keeping L lifted |
| 6 | 1 | Turning to face L, Hop on R in place again with L still lifted |
| | & | Step on L in place |
| | 2 | Step on R strongly across in front of L |
| 7 | 1 | Turning to face center, Hop on R |
| | & | Step on L sideways to L |
| | 2 | Step on R next to L |
| 8 | 1 | Facing center, Leap onto L in place, quickly lifting L in front of R |
| | & 2 | Hop on L in place keeping L lifted |
| 9 | | REPEAT measure 8 with opposite footwork |
| 10 | | REPEAT measure 8, turning slightly to R at the end as a transition back into the beginning of the dance (note the two hops, end + beginning) |

For all the variations, do measures 1-7 of the Basic Step above.

VARIATION (This very quick step can be thought of as "Touch-Step, Switch")

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| 8 | + | Just before the beat, Touch L toe in front of R, making sure that the L foot takes weight for a brief moment and the R foot leaves the ground |
| | 1 | Step on ball of R in place, initiating a high leap in place with the L foot |
| | 2 | Leap onto L in place raising R up next to L leg ("Switch" lifted leg) |

cont...

- 9 REPEAT measure 8 with opposite footwork
10 REPEAT measure 8, turning slightly to R at the end

VARIATION - Turns (men)

- 8-10 1 Let go of hands and plant Both feet in place about 4 inches
apart
2 Leap in place onto the R, Turning to the left one complete turn
in place
(Leap onto L in the last measure, leaving R free to begin
the dance.)

VARIATION - Squats (men)

- 8 1 Let go of hands and Squat on both feet in place
2 Partially rise Up on L, bringing R foot up in front of L shin.
Bring L forearm up low in front of chest (right arm stays
down at side).
9 REPEAT measure 8 with opposite footwork
10 REPEAT measure 8, turning slightly to R at the end

For an especially athletic variation, the turns can be added
to the squats.

Dance description by Tom Deering