

Teško Kavadarsko oro

(slow dance from the region of Kavadarci in Southern-Macedonia)

This dance is choreographed by Paul Mulders after attending many festivals (especially weddings) with the gypsies living in the towns of Prilep and Bitola in southern-Macedonia. He had extensive opportunities to dance with these people and to watch them dance. Inspired by impressions of all-night parties, he put together a dance consisting of three figures and based on steps he saw the gypsies performing.

Pronunciation: TEHSH-koh kah-VAH-dahr-skoh OH-roh

Music: PAMUK CD 1104/06

Rhythm: 7/8, counted as: 1 2 3 or Q-Q-S (2 + 2 + 3).

Formation: Open circle, men (T-pos) and women (W-pos) in separate lines. Wt on L, face ctr.

Styling: Heavy style with slow movements.

Meas

Pattern

2 meas+1ct (3/8) INTRODUCTION

I. BASIC STEP IN PLACE AND TRAVEL STEP

- 1 Rise on L, M: raising R upper leg horizontal to floor (ct 1); step on R in place (ct 2); stretch R knee slowly, M: raising L upper leg horizontal, W: touch ball of L ft diag L in front of R (ct 3).
- 2 Repeat meas 1 with opp ftwk.
- 3-4 Repeat meas 1-2, except that on meas 4, ct 3, face diag LOD while lifting R ft behind L knee (M) or behind L calf (W).
- 5 Rise on L, R knee turning from R to L (ct 1); step on R in LOD, bending knee (ct 2); stretch R leg slowly (ct 3).
- 6 Rise on R (ct 1); step on L, bending knee (ct 2); stretch L leg slowly, R ft behind L knee (M) or behind L calf (W) (ct 3).
- 7-8 Facing ctr, repeat meas 3-4 in place.
- 9+ Repeat meas 5-8 (meas 1-4 are danced only once as intro).

VARIATION FOR MEN

Squat on meas 8, ct 3.

II. KICKS

- 1 Rise on L, R knee turning from R to L (ct 1); facing and moving in LOD, step on R (ct 2); step on ball of L ft behind R (first beat of ct 3); step on R (second beat of ct 3).
- 2 Kick sdwd with L heel (last beat of previous meas); kick L heel in front of R while stretching R leg (ct 1); step on L (ct 2); step on ball of R ft behind L (first beat of ct 3); step on L (last 2 beats of ct 3).
- 3-4 Repeat Fig I, meas 3-4.
- 5-8 Repeat Fig II, meas 1-4.

VARIATION FOR MEN

Squat on meas 4, ct 3.

III. HOPS (M in T-pos, W in V-pos)

7/8 meter counted (2/8 + 1/16 + 3/16 + 1/8 + 2/8, counted as: 1-ee-2-ee-3)

- 1 Facing diag LOD and moving in LOD, hop on L (ct 1); hop on L (ct ee); step on R (ct 2); step on L behind R (ct ee); step on R (ct 3).
- 2 Repeat meas 1 with opp ftwk.
- 3 Facing ctr, hop on L (ct 1); hop on L (ct ee); step on R in place (ct 2); touch ball of L ft diag L in front of R (cts ee,3).
- 4 Repeat meas 3 with opp ftwk in place.
- 5-8 Repeat meas 1-4.

VARIATION

- 3-4 Repeat meas 1-2 in place.

Description by Paul Mulders
Presented by Paul Mulders