

Teško Kavadarsko Oro

(Prilep Roma, Macedonia)

SOURCE: Paul Mulders and Roma from Prilep, Macedonia

MUSIC: 7/8 ♩ ♩ ♩

FORMATION: Men with shoulder-hold, Women with "W" hold or Mixed lines with "W" hold.
Open circle

METER: 7/8

PATTERN

Meas

Introduction

1-2 + Wait out two meas of Slow-quick-quick and one Slow ♩ ♩ ♩ ♩ ♩ ♩ ♩

1 Dance begins. Facing center, lift on Lft (ct 1); step Rft slightly to R and bring Lft in front of R knee (men) or R shin (women) {ct 2}; dip on Rft bending knee (ct 3).

2 Reverse action of meas 1.

3-4 Repeat action of meas 1-2 but on ct 3 of meas 4, bring Rft to back of R knee (men) or behind R ankle {women}.

Part 1 ♩ ♩ ♩

1 Facing R of center, lift on Lft lifting R knee up in front (ct 1); step Rft fwd and bring Lft up and in front of R knee (ct 2); dip on Rft bending knee (ct 3), Touch Rft (women).

2 Repeat action of Meas 1 still moving fwd but, bring Rft to back of L knee or ankle on ct 3.

3-4 Facing center, repeat action of meas 3-4 of introduction

Part 2 ♩ ♩ ♩ ♩

1 Lift on Lft bringing R knee up and in front (ct 1), turning to face slightly R of center. step Rft fwd (ct 2); step Lft behind Rft (ct 3); step Rft fwd (ct 1 and)

2 Kick Lft fwd and bounce slightly on Rft (ct 1); step Lft fwd (ct 2); step Rft behind Lft {ct 3}; step Lft fwd (ct 3 and).

3-4 Repeat action of meas 3-4 above

Part 3 ♩ ♩ ♩ ♩ ♩

1 Release shoulder hold or lower to "V"-hold. Hop on Lft (ct 1); bounce again quickly on Lft (ct 2); step Rft fwd (ct 2 and); step Lft behind Rft (ct 3); step Rft fwd (ct 3 and).

2 Continuing fwd, reverse ftwk of meas 1.

3 Turning to face center, hop on Lft {ct 1}; bounce slightly on Lft (ct 2); step Rft slightly to R (ct 2 and); touch Lft in front of Rft (ct 3).

4 Reverse action of meas 3.

Presented by Stephen Kotansky at the Laguna Folkdancers Festival 2003