


TROPNALO ORO  
(Macedonia)

Source: Stanimir Višinski, Institute in Badija, 1973  
 Record: AMAN 106  
 Formation: Mixed line, joined hands down  
 Meter: 7/16 (1, 2, 3) 

Measure	Description
1	Facing R, lift on L and immediately step on R (ct uh,1) Step on L (ct 2), hold (ct 3)
2	Same as measure 1
3	Lift on L and immediately step on R (ct uh,1) Step on L beside R (ct uh), step fwd on R (ct 2), hold (ct 3) (Note: this step appears to be a kind of schottische step)
4	Repeat measure 3, opposite footwork
5	Slight leap fwd R (ct 1) Hop on R (ct 2), hold (ct 3)
6	Repeat measure 5, opposite footwork
7	Turning to face center, leap slightly to R on R and immediately step on L, heel across in front of R (ct uh,1) Step back on R (ct 2), hold (ct 3)
8	Hop on R (ct 1), step sdwd on L heel (ct &) Step behind on R (ct 2) (Note: this measure is in 2/4, although the music continues to be in 7/16)
9	Same as measure 8
10	Slight leap on L across R, turning to face R (ct 1) Hold, R ft raised in back (cts 2,3)
11	Turning to face L, swing R in front of L and step on it (ct 1), step in place on L (ct &) Step in place on R (ct 2) (Note: this is another 2/4 dance measure)
12	Lift on R, swinging L around in front and turning to face R (ct 1) Step on L (ct 2), hold (ct 3)

Presented by Barry Glass