

# **Ako Umram**

(Macedonia)

Source: Ira Weisburd  
Music: 2005 Camp Hess Kramer CD  
Formation: Circle, hands joined in “W” position

## Pattern 1

Facing LOD, step forward on R with bent knees, rock back on L step forward on R (SQQ), walk LRL (SQQ), kick R foot toward center, step RL (SQQ), facing center step R, lift L around in a circle to step behind R (SQQ). Repeat pattern 1

## Pattern 2 (Chorus)

Lean R bounce twice with bent knees, repeat to L, cross R, step LR in place, cross L, step R, step RL in place (SQQ). Walk toe, heel into center RLR rock forward R back L, repeat backwards LRL rock back R forward L. Repeat lean and bounce R & L and cross step step R&L. End pattern with a 3 step turn RLR cross L back R, 3 step turn LRL cross R back L.

## Pattern 3

Walk LOD 3 slow RLR 2 quick LR, step L kick R toward center, step RL, facing center step R to R, L behind R, step R lift L, bounce twice, step L lift R, bounce twice, step R lift L circle behind R, bounce twice, step L behind R. Repeat pattern 3.

The dance goes through 2 full times and patterns 1 & 2 three times.

Notes by Beverly Barr

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