

BANSKO

MACEDONIA

THIS DANCE IS DONE ON MANY OCCASIONS SUCH AS WEDDINGS,
PICNICS, ETC.

SOURCE: ATANAS KOLAROVSKI
RHYTHM: 7/8 (s,q,q) 1,2,3

FORMATION: MIXED LINE OR OPEN CIRCLE WITH "W" HAND HOLD

- MEAS. PART I
- 1 FACING CTR. STEP ON R TO R (CT.1) SLIGHT ČUKČE ON R (CT.2)
STEP ON L BEHIND R (CT.3)
 - 2 STEP ON R TO R (CT.1) ČUKČE ON R TWICE BRINGING L KNEE UP
IN FRONT (CT.2,3)
 - 3 REPEAT MEAS.2 OPP. FTWRK
 - 4-6 REPEAT MEAS. 1-3
 - 7-8 REPEAT MEAS. 1-2
 - 9 STEP ON L TO L (CT.1) ČUKČE ON L (CT.2) STEP ON R IN FRONT OF L
(CT.3)
 - 10 STEP BACK ON L (CT.1) ČUKČE TWICE ON L BRINGING R KNEE
UP IN FRONT (CT.2,3)
 - 11-12 REPEAT MEAS.9-10 WITH OPP. FTWRK.
 - 13-14 REPEAT MEAS.9-10

PART 2

- 1 FACING TO R, STEP ON R (CT.1) STEP ON L (CTS.2,3)
- 2 STEP ON R (CT.1) STEP ON L,R (CTS.2,3)
- 3-4 REPEAT MEAS.1-2 WITH OPP.FTWRK.
- 5 STEP ON R, TURN TO FACE CTR, BRING ARMS DOWN (CT.1)
STEP ON L BEHIND R (CTS.2,3)
- 6 STEP ON R TO R, BRING ARMS BACK TO "W" POSITION (CT.1)
ČUKČE ON R TWICE BRINGING L KNEE UP IN FRONT (CTS.2,3)
- 7 REPEAT MEAS 6 WITH OPP.FTWRK
- 8-10 REPEAT MEAS.1-3, PART 1
- 11-20 REPEAT MEAS.1-10

PART 3

- 1-4 REPEAT MEAS.1-4, PART 2
- 5 STEP ON R AND START TURNING TO R (CT.1) STEP ON L
CONTINUING THE TURN (CTS.2,3)
- 6 FACING CTR.COMplete THE TURN BY STEPPING ON R (CT.1)
ČUKČE ON R TWICE AND BRING L KNEE UP IN FRONT (CTS.2,3)
- 7-8 REPEAT MEAS.5-6 WITH OPP. FTWRK AND DIRECTION.

DANCE NOTES BY FUSAE SENZAKI

PRESENTED BY OLGA VELOFF SANDOLOWICH