

GORNO SELSKO

*Macedonian*

A mixed line dance done at all festive occasions. Gorno Selsko comes from the Demirhissar region of Macedonia. Hands are joined at shldr level or (when men dance alone) on neighbors shldr. The music is 12/16.

MEAS: PATTERN I (SLOW):

- 1 Travelling in LOD lift step on L raising R knee (1), step on R (2), hold (3), step fwd on L (4), step fwd on R (5).
- 2 Still in LOD step on L (1), step on R facing ctr (2), hold (3), step on L crossing in front of R (4), step in place on R (5).
- 3 Lift step on R with a low lift on L leg (1), place L beside R with a light bounce (2), bounce on both ft again wt on L (3), step on R crossing in front of L (4), step on L in place (5).
- 4 Repeat meas 3, opp ftwk.
- 5-8 Repeat meas 1-4, opp ftwk.

PATTERN II (FAST):

- 1 Travelling LOD lift step on L raising R knee high (1), step on R (2), hold (3), step on L (4), step on R beside L (&), step sharply on L (a "Down movement") (5).
- 2 Still in LOD lift step on L (1), step on R facing ctr (2), hold (3), step on L crossing in front of R (4), step sharply up on R in place (&), step sharply down on L in front of R (5).
- 3 Step back on R (1), close L to R and bounce on both (2), bounce again wt on L (3), step on R crossing in front of L, then step up on L and down on R (4,&,5).
- 4 Step back in place on L (1), place R to R wt on both ft (2), raise L behind R (3), skip on R (a), in LOD step on L to L (4), step on R crossing in front of L (5).
- 5-8 In LOD repeat meas 1-4, opp ftwk.

Presented by Atanas Kolarovski

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