

KUCANO  
(Pelagonija)  
MACEDONIA

Source: Pece Atanasovski: Institute at Otesevo.

Record: LP AMAN-103

Time: 12/8 Counted 1,2,3,4,5

Position: Mixed line arms held in "W"

Measure: Introduction

- 1- Wait for cts.1,2,3 Step fwd. R. (ct.4)  
Step back L. (ct.5)
- 1 Lift on L. (ct.1) step side R. (ct.2)  
Shift weight to R. (ct.3) Cross L. in front  
(ct.4) Step back on R. (ct.5)
- 2 Repeat meas. 1 with opp. footwork and  
direction.
- 3 Hop on L. (ct.1) Leap R. (ct.&) Step L.  
in front (ct.2) Step side R. (ct.3) Small  
leap crossing L. in front of R. (ct.4)  
Step side R. (ct.5)
- 4 Hop on R. (ct.1) Leap to R. on L. crossing  
in front (ct.&) Step R. (ct.2) Step L. across  
(ct.3) Step R. directly front, facing center,  
(ct.4) Step back on L. (ct.5)
- Dance changes as music speeds up, hands  
drop from "W".
- 1 Hop on L. (ct.1) Step R. in place (ct.&)  
Step L. in place (ct.2) Step R. in place  
(ct.3) Cross L. over R. (ct.4) Step R.  
back (ct.5)
- 2 Repeat hop on R. first continue opp. foot-  
work.
- 3-4 Repeat meas 1-2
- 5-6 Meas 3-4 of steps for slower music, step  
becomes very vigorous.