

MAKEDONIKOS HOROS
(Macedonia-Greece)

The name simply means the Macedonian dance and it comes from the Florina area of Macedonia. The dance is related to Gaida and is done in the same proud style. The music, just like in Gaida, starts out slow and finishes very fast. It is done by both men and women either in one or separate lines. If the men are in separate lines they dance more masculine and with knee bends. The dance was taught by Simos Kostandinou

Music: Songs of Macedonia son ll-mh.

Formation: Line with hands on shoulders.

Characteristic: The dance starts out slow and gets faster and faster. The slow part is done with a proud and bouncy style.

Meter: 2/4 Time

Dance starts at the beginning of any musical phrase with everyone facing ctr.

Music I-slow part

<u>Meas.</u>	<u>Count</u>	
I	1	Step R to R facing 45° LOD
	2	Step L ft across in front of R
II	1,2	Repeat measure I
III	1	Repeat meas. I count 1
	2	Lift L ft in front of R bending L knee
IV	1	Step L ft to L facing center
	2	Lift R ft in front of L bending R knee

Variation one: Make one turn to R in meas. I count 1,2 and meas. II count 1. Usually the leader turns the first time, and everybody turns the second time

Music two: Intermediate part

I,II		Repeat as above
III	1	Step on R ft next to L and pivot toes and body to face 45 opp LOD
	2	Pivot to face 45 LOD by putting wt on balls of both ft
I		
IV	1	Pivot to face opp LOD
	2	Pivot to face center, lifting R ft alongside L ankle

Music three: fast part

I	1	Hop slightly on L ft, raising R knee fwd and facing LOD
	and	Step on R ft twd LOD
	2, and	Repeat with opp ft/k
II		Repeat meas I

Continued...

Meas.	count	
III	1	Jump on both ft in place facing 45 opp LOD, knees slightly bend
	and	Pause
	2	Jump on both ft facing 45 LOD
IV	and	Jump on both ft facing opp LOD
	1	Jump on both ft in place facing 45 LOD
	and	Pause
IV	2	Jump on L ft slightly L, lifting R ft alongside L angle
	and	Pause

Presented by:

Nikos Varvitsiotis