

## Makedonska Sedenka

(Macedonia)

Shope dance from Eastern Macedonia presented in America by Atanas Kolarovski, 1968.

Formation: Line dance, belt hold, or hands joined, held low.

Styling: Small running steps, on balls of the feet.

Steps: Variety of steps. Some are listed below.

### I. Basic Step (Ohz-no-ven cheh-kor)

1 1,2,3 Running fwd in LOD (CCW) step R, L, R (cts 1, 2, 3).  
4,5 Hop on R (4). Step fwd on L (5).  
2-7 Repeat measure 1, turning to face center at end of meas 7.  
8 Side step to L (see II - measure 2).

### II. Side Step (Skrah-ten)

1 1,2 Facing center, step on R to R. Close L to R.  
3 Step on R to R, bending knees.  
4,5 Close L to R, bouncing on both feet on cts 4, 5.  
2 Side step to L (same as meas 1, starting with L foot and moving to the L).

### III. Come Back (Poh-vrah-tee) - also called Forward and Back.

1 Facing and moving in LOD, repeat basic step.  
2 1,2,3 Step fwd, R, L, R, bending both knees on ct 3 (L knee high).  
4,5 Step in place L, R (High stepping action).  
3 1,2 Step back in R LOD, L, R.  
3 Facing center, step on L, bending both knees (R knee high).  
4,5 Step in place R, L (high stepping action).

### IV. Stamp (Chuk-nee)

1 Repeat basic step.  
2 1,2 Facing center, step on R side (1), R behind L (2).  
3 Step on R to side, knees bent, touch L toe in front of R.  
4,5 Step on L to L (4). Step on R in front of L (5).  
3 1,2 Still facing center, step on L to L (1), R behind L (2).  
3,4 Step on L to L (3). Hop on L (4).  
5 Body bent fwd, slap R ft in front of L, R ft extended fwd.

When repeating this pattern, meas 1 is changed as follows:  
1 1,2 Hold position of count 5, meas 3, for counts 1, 2.  
3,4,5 Step on R fwd in LOD (3). Hop on R (4). Step on L (5).

### V. Stamp with Double Step (Chuk-nee du-ploh)

Same as pattern of step IV, except that in place of holding cts, 1, 2 of meas 1, two whick steps are taken in place, R, L.

VI. Stamp Step-Long Hold

1-3  
4

Same as pattern of step IV.

Keep R foot extended body bent for complete measure. On repetition of step VI, keep R ft extended for cts 1, 2 of meas 1. Repeat everything as above.

VII. Cross-Step (Oo-ker-sten che-kor)

1  
2  
3  
4-5

Basic Step.

Same as action of meas 2, step IV.

Reverse of meas 2. Start with L, and move to L.

On repetitions of Cross Step, only meas 2 & 3 are repeated.

Leader calls steps. Basic step and step VII (Cross Step) are done 2, 3, or 4 times depending on leader.