

Maškoto

This is a Macedonian dance from Debar, usually done only by men. In more current years it has also been danced by women. The particular styling with its slow, wide and very controlled movements make it a very difficult dance. It is danced in a broken circle. In the starting position the body is turned slightly to the right, the arms are up and held slightly forward, with hands about head level. The rhythm is 5/4.

Source: Sestre Janković, Volume IV, Narodne Igre

Record: Borino Kolo Folk Ensemble, BK 721, side 1, band 1

Pattern I

Measure 1 - With weight on L ft, go up on L heel and then down, simultaneously lift R leg forward, bent at knee, then arc R leg to R (Count 1); step on R foot to R and put weight on R ft (2); hold (3); place L ft beside R ft and put weight on it (4); take a very small step to R with R ft (5).

Measure 2 - Go up and down on R heel, bringing L leg up and forward (1); place L ft beside R ft and lift R ft off floor (2); hold (3); body goes to a half squat position, while stepping to R with R ft (4); with body still in half squat position, step to R with L ft, crossing behind R ft, straightening body at end of beat (5).

Repeat Pattern I.

Pattern II

Measure 1 - Left heel up and down, R foot goes up and forward (1); place R ft beside L ft, lift L ft off floor (2); hold (3); body goes to half squat, step L with L ft (4); with body still in half squat, step to R with R ft, crossing behind L ft, straightening body at end of beat (5)

Measure 2 - R heel up and down, bring L leg up and forward (1); step to L with L ft, put weight on L ft (don't lift R ft) (2); hold (3); place R ft beside L ft, placing weight on R ft (4); step to L with L ft (5).

Repeat Pattern II.

Alternate Patterns I and II (each done twice) to the end of the music.