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METKALISTETO
 (Macedonia)

Bora Gajicki danced this as part of a Macedonia choreography as an amateur dancer in the 1950's.

Pronunciation: MET-KAH - LEESH - TEH - TDAH

Music: BK 576. 7/8 meter (3+2+2)

Formation: Line or broken circle, "W" pos SMOOTH, DONT PUMP ARMS UP & DOWN

<u>meas</u>	<u>ct</u>	<u>Pattern</u>
		INTRO: 4 MEAS
		<u>STEP I.</u>
1	1	Facing ctr of circle, step with R to the R, lift L.
	2&3	Hold pos.
	1	Touch floor with L toes in front of R ft.
	2	Hold pos.
	1	Hold pos.
	2	Hold pos.
2		Repeat action of meas 1 with opp ftwk and direction.
3	1	With body turning half to the R, step with R in LOD, lift L.
	2	Bring L behind R, step on it, lift R.
	3	Hold pos.
	1	Step with R in LOD, lift L.
	2	Hold pos.
	1&2	Hold pos.
4	1	Step with L in LOD, lift R.
	2	Bring R behind L, step on it, lift L.
	3	Hold pos.
	1	Step with L in LOD, lift R.
	2	Hold pos.
	1&2	Hold pos.
5-8		RPT ACTION OF MEAS 1-4
		<u>STEP II.</u>
1	1	Facing ctr of circle, step with R ^{TO R} and , lift L.
	2	Step with L to the R, crossing behind R, lift R.
	3	Hold pos.
	1	Bring R beside L, place wt on it, lift L.
	2	Hold pos.
	1&2	Hold pos.
2		STEP L TO L, RAISE R (CTS 1 2 3) HOLD (CTS 12-12) Repeat action of meas 1, (Step II), with opp ftwk and direction.
3&4		Repeat action of meas 1 and 2 (Step II).
		<u>STEP III.</u>
1	1	With body turning half to the R, lift on L, step on R. IN LOD lift L, moving in LOD.
	2	Bring L beside R, step on L, lift R.
	3	Hold pos.

Continued...

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METKALISTETO (continued)

- 1 Step on R, lift L.
 2 Hold pos.
 1&2 Hold pos.
- 2 Repeat action of meas 1 (Step III).
- 3 ^{L IN L}
 1 Step with ~~R~~ fwd (bending R knee), ~~lift L.~~
 2 Hold pos.
 3 Hold pos.
 1&2 Hold pos.
 1&2 Hold pos.
- 4 1 Step with L fwd (bending L knee), lift R.
 2 Hold pos.
 3 Hold pos.
 1&2 Hold pos.
 1&2 Hold pos.
- 5 1 Step with R fwd, lift L.
 2 Bring L beside R, place wt on L.
 3 Hold pos. ^{IN L}
 1 Step on R, lift L.
 2 Hold pos.
 1&2 Hold pos.
- 6 1 Step with L fwd, lift R.
 2 Bring R beside L, place wt on R, lift L.
 3 Hold pos. ^{IN L}
 1 Step on L, lift R.
 2 Hold pos.
 1&2 Hold pos.
- 7 1 Facing ctr of circle, step with R ^{to R} fwd, lift L.
 2 Bring L behind R, step on it, lift R.
 3 Hold pos.
 1 Bring R beside L, place wt on R, lift L.
 2 Hold pos.
 1&2 Hold pos.
- 8 1 Step on L, lift R.
 2 Hold pos.
 3 Hold pos.
 1 Bounce on L.
 2 Hold pos.
 1&2 Hold pos.
- 9-16 Repeat action of meas 1-8 (Step III).

Presented by Bora Gajicki