

OVČEPOLSKA  
Macedonia

Named after Ovčepole, an area in the middle of Macedonia between the towns of Sveti Nikolay and Štip. The name means "sheep field", a flat field used for grazing. This dance shows a heavy brought into Macedonia while it was under the Serbs and spread through the country largely by itinerant gypsies. Ovcipolska exhibits the short walking steps typical of the Ovčepole and Štip area.

By Atanas Kolarovski

**Formation:** Separate lines were common until 60-70 years ago, today either separate or mixed lines are used. Arms in belt-hold, L over R. Styling is the same for both men and women.

**Meter:** 2/4

**Pattern:** Below are two basic steps, which may be embroidered upon by any of the dancers as he wishes:

**Facing LOD:**

Step (Diag) fwd onto R ft S  
 Step (Diag) fwd onto L ft S  
 Step (Diag) fwd onto R ft S  
 Step (Diag) fwd onto L ft S  
 Step (Diag) fwd onto R ft quickly S  
 Leap fwd onto L ft  
 Step bkwd onto R ft  
 Change wt onto L ft

S. S. S. Q-S  
 R- L R L R

~~Q-S~~  
~~L R~~  
 S-Q-S  
 L R L  
 sim  
 beh.

**Variation:**

Do above steps with hop:  
 2 (hop-step-steps) to R in LOD  
 Step onto R ft  
 Close L ft to R and change weight  
 1 hop back onto L ft  
 Step onto R ft bkwd  
 Step onto L ft bkwd  
 3 steps, R,L,R, in place

L R L L R L  
 H-S-S H-S-S  
 S A S  
 R L R

Repeat to end of music