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Dance Research Committee: Bill & Carol Wenzel

Postupano Macedonia (Skopje)

Postupano (poh-STOO-pah-noh), or "gradually," is a classic men's dance from the Skopje region, described by the Jankovic sisters of Belgrade in Narodne Igre #3, based on observations as early as 1935-6. An important source was Dennis Boxell's 1948 video recording of "Folk Dances of Yugoslavia" by Jadran-Film of Zagreb. Atanas Kolorowski, a member of that early performing group, taught the dance at Kolo '66. Earlier, also with music featuring the original "two zurlas and a tupan," the dance had been taught at Kolo '63 by Rick Tejada-Flores, who learned it from Tihomir Bardzovski, a member of the Orce Nikolov Ensemble of Skopje. Following his famous workshops at Oteshevo, Lake Prespa, Pece Atanasovski presented his version of the dance at Kolo '82. Featuring Pece's popular gajda-led music, this has since been described and/or taught by Michael Ginsburg at Mendocino Folklore Camp '95, Larry Weiner at MFL '04, Tom Deering at Google Online and Paul Mulders at Stockton Folk Dance Camp '05. Mostly we follow the last.

Music:

- Record: Folkcraft LP-24, side B-4; (Jugoton) LPY-50985; side A-1;
Folkraft 1557, 7-in, 45 rpm; Oro se Gaida I Orkestar on Sperry LP-60.
- Cassette: Michael Ginsburg: Balkan Feast '95, Side B/5; Balkan Bits '96, Side A/2;
- CD: Macedonian FDs with Pece Atanasovski, Vol.2, Band 1, BMA-1008 .
Larry Weiner: MFL 04; Paul Mulders: SFDC 05: PAMUK CD1104/06
- Video: Dennis Boxell presents "Folk Dances of Yugoslavia", #13.
Macedonian Folk Dances with Pece Atanasovski: #19 & #30, filmed in
Germany and at his camp at Oteshevo, Macedonia.
BMA-1007-V: Macedonian FD with Pece Atanasovski, Vol.2, #1.
Paul Mulders: Video or DVD of Stockton Folk Dance Camp 2005,.
- Rhythm: meter = 13/16 = 2/16+2/16+2/16+3/16+2/16+2/16 = q, q, q, s, q, q.
- Formation: Segregated open circles: M in T-pos; W in W-pos; leaders call transitions.
- Styling: M moves are often macho; W are more subdued, but graceful and elegant.

Measure	13/16 meter	PATTERN
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INTRODUCTION The "ezgija" (gajda improvisation) + 2 measures.

I. BASIC STEPS IN PLACE AND TRAVELLING

- 1 Bounce on L, raising R leg with knee bent and thigh horizontal (ct 1); step on R beside L (cts 2-3); straightening R knee, raise L, knee bent and thigh horizontal (ct 4); holding L position, bend and straighten R knee (cts 5-6).
 - 2-4 Repeat meas 1 three times, alternating ftwk to end with R leg up.
 - 5 Facing and moving in LOD, bounce on L, bending R knee with lower R leg crossed in front of L (ct 1); step on R (cts 2-3); bounce on R, raising L leg with thigh horizontal (ct 4); turning to face ctr, step on L (cts 5-6).
- 6-24 Repeat Fig. I (meas 1-5) four times, omitting meas 5 of final repeat.

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II. TRAVEL STEP WITH CROSSING

- 1 Facing R of ctr and moving LOD, hop on L, raising R in front (ct 1); step on R beside L (ct 2); step on L across in front of R (ct 3); repeat cts 1-3 (cts 4-6).
- 2-5 Turning to face ctr, repeat Fig I, meas 1-4.
- 6-20 Repeat Fig II (meas 1-5) three times.

III. CROSSING STEP (W change hands down to V-pos)

- 1 Facing and moving LOD, hop on L (ct 1); step on R (cts 2-3); hop on R (ct 4); step on ball of L ft and turn to face ctr (cts 5-6). (Using the same ftwk during this measure, W may substitute a slow CW turn, hands relaxed low or on hips.)
- 2 Facing ctr and dancing in place, hop on L (ct 1); bounce on L (ct 2); step on R slightly to R (ct 3); step on L across in front of R (ct 4); bounce on L (ct 5); step back on R to place (ct 6).
- 3 Repeat meas 2 with opp ftwk
- 4-5 Repeat meas 2-3.
- 6-20 Repeat Fig III (meas 1-5) three times.

IV. SOLO TURNS AND SQUATS (men only and optional; others dance Fig. III)

- 1 Release arm hold, face and move LOD and hop on L, raising R fwd (ct 1); step on R, raising L fwd (cts 2-3); hop on R, raising L fwd (ct 4); step fwd L, R (cts 5-6).
- 2 Twist CW with big leap fwd onto L in front of R (cts 1-2), twist CCW, leaping onto R in front of L (ct 3); facing LOD, squat on both ft (ct 4); rise on R (cts 5-6).
- 3 Hopping on R, turn CCW once in place (cts 1-2); step on L (ct 3); facing LOD, squat on both ft (ct 4); rise on R (cts 5-6).
- 4 Leap onto L across R and hop on L, turning CW once in place (cts 1-2); step on R (ct 3); facing LOD, squat on both ft (ct 4), rise on both (cts 5-6).
- 5 With flat ft apart, knees slightly bent and arms and torso wound slightly CW, jump onto both in a full CCW turn (cts 1-3); squat on both (ct 4); rise on both (cts 5-6).
- 6-15 With arms free at sides, repeat Fig III solo and Fig IV.
- 16-17 Rpt Fig IV, meas 1&2; step L, R on meas 2, cts 1-3, to face ctr for final squat-rise.

Postupano Grapevine

This very different dance, of unknown origin but popular in San Francisco, was taught by Jerry Duke in 2001 at the 50th San Francisco Kolo Festival.

Formation: Mixed line facing R of center, hands joined down in V-pos.

- 1 Moving in LOD, step on R (ct 1); step on L behind R (ct 2); step on R (ct 3); step on L in front of R (ct 4); step on R (ct 5); step on L behind R (ct 6).
- 2 Hop on L (ct 1); step on R (ct 2); step on L behind R (ct 3); step on R (ct 4); step on L across in front of R (ct 5); turning to face L of ctr, step back on R (ct 6).
- 3 Repeat meas 2 with opp ftwk and direction.

Repeat pattern to end of music.