

Potrculka (Ovcepolska)

Background information: The origin of the dance is the central Macedonia the region of Ovce Pole the villages around little town of Sveti Nikole.









The name comes by the choreological characteristics. Belongs to the group of "Potrcani" or running dances and with the long dancing phrases.

Mixed dance with the low "V" hand hold.






















Most of the time performed accompanied by traditional instruments Caval Gajda, small format of "tapan" (drum) and with pare of Zurla and big tapan during the religious festivities, "sobor", weddings and other kind of reunions.












Rhythm: 2/4

Source: Mitko Aleksov excellent dancer and choreographer of professional ensemble "Tanec" from Skopje and Simo Velkov from Sveti Nikole during the seminar of Macedonian folklore in Struga Macedonia.

Pattern	measure	count value	note	movement description	
I	1	1		Hop on L ft facing diagonally to the right	
		2		R ft step forward	
		3		L ft steps forward	
	2	1, 2		Repeat count # 1	
		3		R ft running step forward	
	4	1		L ft " " "	
				2	R ft " " "
				L ft " " "	
	5	1		R ft step forward	
		2		L ft toe touch the floor in front of R ft	
	6	1		L ft step forward	
		2		R ft toe touch the floor in front of L ft	
7	1, 2		R ft stop forward		
8	1		L ft running step backward		
	2		R ft " " "		
9	1, 2		L ft stop in spot		

10, 11, 12, Repeat measure 7, 8 and 9

Pattern	measure	count	note value	movement description
II	Repeat pattern I measure 1, 2, 3, 4			
	5	1		R ft steps backward L leg in bent in the knee
		2		L ft " "
	6	1		R ft " "
		2		L ft " "
	7	1		R ft steps forward
		2		L ft " behind the R ft
				R ft steps forward
	8	1		L ft steps forward crossing the R ft
		2		R ft steps forward behind the L ft
				L ft steps forward
	9,10	Repeat measure 5, 6,		
	11	1,2		jump on R ft steps forward
	12	1		L ft steps next to the R ft
		2		quick step on R ft
				Step on L ft
III	Repeat pattern I measure 1,2,3,4,			
	5	1		Step on R ft turning face to the center
		2		shallow bounce while L ft on toe
	6	1		Step on the L ft
		2		shallow bounce
	7	1		R ft forward to the center
				L ft forward to the center
		2		R ft stops in the center
	8	1		L ft steps backward
				R ft steps backward
		2		L ft steps backward turning to the R
	9, 10, 11, 12, repeat the entire block of 5, 6, 7, 8,			
IV	Repeat pattern I, measures 1,2,3,4,			
	5	1		Face to the center
				R ft steps in spot
		2		Hop step on R ft,
				while the left ft crossing in front the R ft
				from the right to the left

- | | | | |
|----|--|---|---|
| 6 | 1 |  | Jump on both fit to the left
doing two bounces on both toes
Return on R ft back |
| 7 | 1, 2, | | Repeat measure 6 |
| 8 | 1 |  | L ft steps in the spot |
| | 2 | | Hop step on L ft while the R ft
while the Rft kicking crossing in front the
Lft |
| 9 | 1 |  | Jump on both fit to the R
Double bounce on both fit to the R
Step back on L ft |
| | 2 | | |
| 10 | 1, 2, | | Repeat count 8 |
| 11 | 1,2 |  | Hold on R ft |
| 12 | 1 | | Hop on R ft |
| | 2 | | Step on L ft |
| V | 1,2,3,4, | | Repeat pattern I measure 1,2,3,4, |
| 5 | 1 |  | Jump on both fit, face turning to the centre |
| | 2 | | Jump back landing on L ft |
| 6 | 1 |  | Hop step on L ft |
| | 2 | | R ft steps on the hill in spot
L ft steps in spot |
| 7 | 1 |  | Hop on R ft in spot. |
| | 2 | | R ft toes steps backward
L ft steps forward |
| 8 | 1 |  | Hop L ft in spot |
| | 2 | | R ft steps in spot |
| 9 | 1 |  | Hop on R ft |
| | 2 | | L ft steps on toe behind
R ft steps in spot |
| 10 | Repeat measure 9 where the count 2 is this time stepping in the L hill | | |
| 11 | 1 |  | Hop on R ft |
| | 2 | | L ft steps in spot |
| 12 | 1 |  | Jump from L o R ft in spot |
| | 2 | | |