

POVRATENO  
(Po-vrah'-ten-oh)

Macedonian line dance, originally done by men only, but now mixed.

SOURCE: Dick Crum

MUSIC: Record: Folkdancer MH 3040 - "Povrateno"  
Also Folkraft LP-15, Side B, Band 5

FORMATION: Originally, when danced by men only, dancers placed hands on neighbors' nearest shoulders. When danced by both men and women, joined hands are held at about shoulder height during the slow portion, and then are held down at sides during fast part.

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MUSIC: 2/4

PATTERN

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Measures

VARIATION I - BASIC DANCE

- 1 Facing slightly R, standing on L ft, "lift" or "hop" on L ft, raising R knee up in front (ct 1); continue moving in this direction with step on R ft (ct 2).
- 2-3 Two more "lift-steps" alternating ft and continuing in the same direction, for a total of three. Note that on the third one, there is a definite bend fwd of the body on the "step".
- 4 Facing ctr, step fwd on L ft (ct 1); return weight to R ft in place (ct 2).
- 5-8 The movements of meas 1-4 are now repeated in the opp direction (moving L) with opp ftwork, i. e., beginning with a "lift" on R ft followed by a step with L ft to L, etc.

VARIATION II - TWO STEPS

- 1 Ct 1 - "Lift" or "hop" on L ft, raising R knee up in front, just as described in Meas 1 of Variation I.  
Ct 2 - Step on R ft, moving to R  
Ct & - Close L ft to R ft (near R heel)
- 2 Ct 1 - Step on R ft, moving to R  
Ct & - Pause  
Ct 2 - Step on L ft moving R  
Ct & - Close R ft to L ft
- 3 Ct 1 - Step on L ft moving to R  
Ct 2 - Step with R ft moving to R
- 4 Facing ctr, step fwd with L ft (ct 1); return wt to R ft in place (ct 2), just as under Variation I.
- 5-8 The movements of meas 1-4 are now repeated in the opp direction with opp ftwork.

VARIATION III - TURNS

This variation has the same ftwork as Variation II. During the two-step, however, dancers release hands and make a full turn in the direction of movement. As soon as the turn is completed, dancers rejoin hands.

When the music speeds up, the above three variations are still done, but with much more vigor, all "lifts" becoming definite lively hops. When doing the fast form of Variation I, a little double hop may be inserted in place of the third "hop-step" (meas 3), as follows:

3a Hop on L ft, swinging R ft naturally across in front (ct 1); hop again on L ft in this pos (ct 2); step fwd with R ft (ct &).

This double hop is, of course, done with opp ftwork when dancers are moving to L.

SEQUENCE to fit recommended recording:

Slow music: Each variation two times, going through I - II - III twice altogether before fast music.

Fast music: Do Variation I with hops, inserting the extra "syncopated hop-step" whenever desired.

Presented by Gordon Engler