

POVRATENO ORO ("Dancing in Both Directions")
Macedonian line dance taught by Dick Crum
Pronunciation: Po-vrah'-teh-no
Record: "Povrateno", FOLK DANCER MH 3040
Folk Dance House

Povrateno

Formation: Originally done by men only, hands on neighbors' nearest shoulders. When done mixed nowadays, joined hands are held at about shoulder height during the slow portion, and then are held down at sides during the fast part.

FIGURE I - Basic Dance

(REMINDER INSTRUCTIONS: Beginning with weight on Lft, 3 "lift-steps" moving to R, then face center, stepping on Lft in front of Rft, then step on Rft in place. Repeat all to the L with opposite footwork.)

- Meas. 1 Facing R, standing on Lft, "lift" or "hop" on Lft, raising R knee up in front (ct. 1); continue moving in this direction with step on Rft (ct. 2).
- Meas. 2-3 Two more "lift-steps" alternating feet and continuing in the same direction, for a total of three. On the 3rd "lift-step", the body bends forward a bit on the "step".
- Meas. 4 Facing center, step forward on Lft (ct. 1); return weight to Rft (ct. 2).
- Meas. 5-8 Repeat movements of Meas. 1-4 to L with opposite footwork, i.e. beginning with a "lift" on Rft, then step on Lft to L, etc.

FIGURE II - Two-Steps

(REMINDER INSTRUCTIONS: "Lift" on Lft as in Fig. I, but follow it with 2 two-steps, Rft-Lft-Rft, Lft-Rft-Lft, to the R, then an extra step R with Rft, and end by stepping Lft, Rft, facing center. Repeat all to L with opposite footwork.)

- Meas. 1 "Lift" or "hop" on Lft, raising R knee up in front (ct. 1); step Rft to R (ct. 2); close Lft to Rft (near heel)(ct. &).
- Meas. 2 Step Rft moving R (ct. 1); step Lft moving R (ct. 2); close Rft to Lft (ct. &).
- Meas. 3 Step Lft moving R (ct. 1); step Rft moving R (ct. 2).
- Meas. 4 Facing center, step forward with Lft (ct. 1); return weight to Rft (ct. 2).
- Meas. 5-8 Repeat movements of Meas. 1-4 to L with opposite footwork.

FIGURE III - Two-Step Turns

(REMINDER INSTRUCTIONS: Same footwork as two-steps, but turning R on them).

This variation has the same footwork as Fig. II. During the two-steps, however, dancers release hands and each makes a full turn in the direction of movement. As soon as the turn is completed, dancers re-join hands.

NOTE: When the music speeds up, the above three variations may still be done, but with much more vigor. All "lifts" become definite, lively hops. When doing the fast form of Fig. I, a little double hop may be inserted instead of the 3rd "hop-step":

- Meas. 1 Hop on Lft (ct. 1), step on Rft (ct. 2)
- Meas. 2 Hop on Rft (ct. 1), step on Lft (ct. 2)
- Meas. 3 Hop on Lft (ct. 1), hop again on Lft (ct. 2), step on Rft (ct. &)
- Meas. 4 Step on Lft (ct. 1), step on Rft, facing center (ct. 2), etc., etc.
- Meas. 5-8 Repeat the above movements to L with opposite footwork.

SEQUENCE: In Macedonia, the sequence is free, depending on the whim of the lead dancer. In the case of the MH recording, it works out well to do each of the above three figures twice through each way, then go through them again the same way, at which point the fast music begins, and dancers may do the fast variants of Fig. I until the music ends.

Dance presented by noted Balkan Authority Dick Crum. Directions by Dick Crum.
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