

SAL NOK NE SUM ZASPALO
Macedonia

BACKGROUND:

PRONUNCIATION:

RECORD: AK-011 (LP), side A, band 6

RHYTHM: 11/16 counted as: $\frac{1-2}{1}$ $\frac{3-4}{2}$ $\frac{5-6-7}{3}$ $\frac{8-9}{4}$ $\frac{10-11}{5}$ (QQSQQ)

FORMATION: Lines joined in "W" pos. *Bouncy*

METER: 11/16

PATTERN

Meas.

INTRODUCTION:

DANCE:

- 1 Facing and moving in LOD, hop on L (cts 1-2); step R fwd (3); step L-R fwd (cts 4-5). *jumping R in back @ calf level*
- 2 Small leap on L fwd (cts 1-2); step R fwd (ct 3); step L-R fwd (cts 4-5). *gradually wheel (toe slightly up)*
- 3 Small leap on L fwd (cts 1-2); step R fwd (cts 3); step L fwd turning to face ctr (ct 4); step R in place (ct 5). *same*
- 4 Hop on R, 2 times (cts 1-2); step L to L (ct 3); step R in front of L (ct 4); step L back in place (ct 5). *same*
- 5-6 Repeat meas 4, alternating ftwk and direction, 2 more times (3 in all). *brings L slightly up in back*

Dance notes by Fusae Senzaki

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Pasadena