

SARPLANINSKO  
Macedonia

TRANSLATION:

PRONUNCIATION: shar-plah-noon-skoh

RECORD: AK-011 (LP), side B, band 5

FORMATION: Lines in "W" pos.

*constant bounce down/up movement*

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METER: 2/4

PATTERN

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Meas.

INTRODUCTION:

PART I:

- 1-2 Facing and moving LOD, lift on L (ct 1); step R-L fwd (2-1); hold (ct 2).
- 3 Lift on L (ct 1); step R fwd (ct 2).
- 4 Step L-R fwd.
- 5 Hold on R (ct 1); lift on R (ct 2).
- 6 Step L-R fwd.
- 7 Hold on R (ct 1); lift on R (ct 2).
- 8 Step L-R fwd.
- 9 Step L fwd (ct 1); pivot on L to face ctr (ct 2).

PART II:

- 1 Step R in front of L, turn body slightly to L (ct 1); step L back in place (ct 2).
- 2 Step R to R turning to face ctr (ct 1); step L in place (ct 2).
- 3 Lift on L (ct 1); step R beside L (ct 2).
- 4 Hold (ct 1); step L beside R (ct 2).
- 5 Step R in place (ct 1); step L in front of R turning body slightly to R (ct 2).
- 6 Step R back in place (ct 1); step L to L turning to face ctr (ct 2).
- 7 Step R in place (ct 1); lift on R (ct 2).

*Cont*

- 8 Step L in place (ct 1); lift on L (ct 2).
- 9 Step R-L in place.

PART III:

- 1 Facing slightly L of ctr, lift on L (ct 1); step R in front of L (ct 2).
- 2 Step L back in place turning to face ctr (ct 1); hold (ct 2).
- 3 Lift on L (ct 1); step R beside L (ct 2).
- 4 Hold on R (ct 1); step L in place (ct 2).
- 5 Step R in place (ct 1); Lift on R turning to face slightly R of ctr (ct 2).
- 6 Step L in front of R (ct 1); step R back in place (ct 2).
- 7 Hold on R (ct 1); lift on R (ct 2).
- 8 Step L next to R (ct 1); hold (ct 2).
- 9 Step R-L in place.

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