

STARO MAKEDONSKO  
(Skopje, Maceconia)

Pronunciation: STAH-roh mah-KEH-dohn-skoh

Music: AK-013 Side B/4 8/16 meter

Formation: Mixed lines, "W" pos.

Introduction: 1 phrase. Begin with high melody. Leader determines the number of times each pattern is done. Atanas usuall dances Fig I several times before going on to Fig II and Fig III, repeating them only a few times. Therefore, no definite repeats of Figures are indicated in the text.

<u>Meas</u>	<u>Pattern</u>
	<u>I.</u>
1	Facing ctr, hop on L (ct 1); step on R to R (cts 2-3); step fwd on L (cts 4-5); lift on L (ct 6); step back on R (cts 7-8).
2	Repeat meas 1 with opp ftwk, but step bkwd on R (cts 4-5).
3-4	Repeat meas 1-2.
5	Facing LOD, hop on L (ct 1); step fwd on R (cts 2-3); Bounce on R (cts 4-6); step fwd on L (cts 7-8).
6	Slightly lift on L (ct 1); step fwd on R (cts 2-3); step fwd on L (cts 4-5); slightly leap fwd onto R (ct 6); step fwd on L (cts 7-8).
7-8	Repeat meas 5-6.
	<u>II.</u>
1	Facing LOD, slightly leap fwd on R (ct 1); step fwd on L (cts 2-3); step fwd on R (cts 4-5); slightly leap fwd on L (ct 6); step fwd on R (cts 7-8).
2	Slightly lift on R (ct 1); step fwd on L (cts 2-3); step fwd on R (cts 4-5); step fwd on L (cts 6-8).
3-4	Repeat Meas 1-2
5	Facing ctr, hop on L (ct 1); step to R on R (cts 2-3); bounce on R and raise L in front, knee bent, with ft across R leg (cts 4-5); bounce (ct 6-7); hold (ct 8).
6	Lift on R (ct 1); step back on L (cts 2-3); bounce on L, raising R in front knee bent, with ft across L leg (cts 4-5); bounce (cts 6-7); hold (ct 8).
7-8	Repeat meas 5-6
	<u>III.</u>
1-4	Repeat Fig II, meas 1-4.
5	Leap fwd onto R (ct 1); step on L in front of R (cts 2-3); turn to face ctr (cts 4-5); leap onto L behind R (ct 6); step on R in front of L (cts 7-8).
6	Facing ctr, slightly lift on R (ct 1); step fwd on L (cts 2-3); step fwd on R (cts 4-5); slightly lift on R (ct 6); step back on L (cts 7-8).
7-8	Repeat meas 5-6.

Dance notes by Fusae Senzaki

Presented by Atanas Kolarovski