

Staro Oro

(Macedonia)

Source: As presented by Pece Atanasovski in Washington, DC in 1984. The comes from the Pelagonia region in the area between Prilep and Bitola.

Pronunciation: STAH-ro oh-ro ("The Old Dance")

Formation: Mixed lines of men and women, hands held up a shoulder height, facing CCW, wt on LF.

Rhythm: 8/8
 Q S S Q S
 (1/8 + 2/8 + 2/8 + 1/8 + 2/8)
 1 2 3 4 5

Record: Jugoton LSY-61392, Side 1, Band 3 (Staro Oro)
 Mendocino Folklore Camp 2000 Tape

<u>Meas.</u>	<u>Ct.</u>	<u>Basic Pattern</u>
1	1	Facing CCW, chukche* on LF while lifting free RF up in front, R-knee bent.
	2	Step fwd (CCW) onto RF.
	3	Hop on RF while lifting free LF up in front, L-knee bent.
	4	Slight leap fwd (CCW) onto ball of LF.
	5	Large step fwd (CCW) onto RF.
2	1-5	Continuing to move CCW, Repeat Pattern Meas 1, above but with opposite footwork.
3	1	Facing CCW, chukche* on LF while lifting free RF up in front, R-knee bent.
	2	Turning to face ctr, step sideways to R onto RF.
	3	Facing ctr, touch L-Toe to ground in front of RF, L-knee straight. Weight stays on RF.
	4	Turning L to face CW, Step fwd onto LF.
	5	Step backwards onto RF.
4	1-5	Moving CW (to L) repeat Pattern of Meas 1, with opposite footwork (and direction).
5	1-5	Moving CW (to L) repeat Pattern of Meas 1 with opposite direction.
6	1	Facing CW, chukche* on RF while lifting free LF up in front, L-knee bent.
	2	Turning to face ctr, step sideways to L onto LF.
	3	Facing ctr, touch R-Toe to ground in front of LF, R-knee straight. Weight stays on LF.
	4	Facing ctr, step sideways to R onto ball of RF.
	5	Step into place onto LF.
7	1-5	Continuing to face ctr, Repeat Pattern Meas. 6, with opposite footwork.
8	1-5	Repeat Pattern Meas. 6.

Embellishments:

As with many Macedonian dances, the leader of the line may, at any time, add their most treasured "ornaments" onto the dance. These would include turns, squats, leaps and other
 (continued)

Staro Oro (continued)

movements.

E.G.,

Replace meas 3 with the following:

- 3 1 Facing CCW, Hop on LF while lifting free RF up in front, R-knee bent.
- 2 Turning to face ctr, Leap sideways to R onto RF.
- 3 Pause.
- 4 Turning L to face CW, Leap fwd (CW) onto LF.
- 5 Step fwd (CW) onto RF.

Or, as Pece often did during the latter part of the dance, you may choose to replace Meas 6-8 with the following:

- 6 1 Facing CW, hop on RF while lifting free LF up in front, L-knee bent.
- 2 Turning to face ctr, step sideways to L onto LF.
- 3 Facing ctr, Hop in place of LF bringing free RF up in front, R-knee bent.
- 4 Facing ctr, leap sideways to R onto ball of RF.
- 5 Facing ctr, step onto LF, crossing it in front of RF.
- 7 1-5 Facing ctr, Repeat Pattern Meas. 6 (this embellishment), with opposite footwork.
- 8 1-5 Repeat Pattern Meas. 6 (this embellishment).

NOTE: chukche* - a hop where the hopping foot doesn't leave the ground, a bounce.

Notes by Larry Weiner – 6/2000

As presented by Larry Weiner at Mendocino Folklore Camp, 2000