

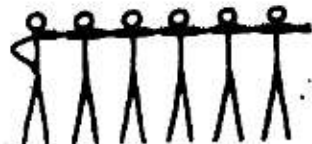
STARO TIKVEŠKO--Vardar valley region
 (Line dance for men, no partners)

Macedonia

Translation: Staro means old; Tikves is a region near the Vardar valley region.

Record: Folkraft LP-15, side A band 5 (2:41).




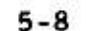
Starting Position: "T" position. Right foot free.



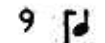
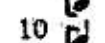

Music 2/4

Measure

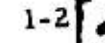
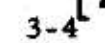
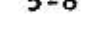
PART Ia-- Slow (Music AA)

- 1  Facing slightly and moving right, step forward on right foot (count 1),
 Swing left foot forward (count and),
 Bend left knee so left ankle rests on right shin (count 2).
 2  Swing hips and left knee to left and return, flexing right knee
 (counts 1-and),
 and REPEAT (counts 2-and)
 3-4  REPEAT pattern of measures 1-2 reversing footwork.
 5-8  REPEAT pattern of measures 1-4.

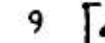
PART Ib-- (Music BB)

- 9  Turn to face center, step sideward right on right foot (count 1),
 Step backward on left foot and kneel on left knee (count 2),
 10  Kneel on right knee beside left (count 1),
 Raise left knee so thigh is parallel to floor, placing left foot forward (count 2),
 Rise, straightening knees, weight on left foot (count and).
 11-12  REPEAT pattern of measures 9-10.
 REPEAT ENTIRE SEQUENCE of Part Ia-b twice (3 times in all).

PART IIa-- Fast (Music AA)




- 1-2  Hop on left foot, bending and raising right knee (count 1),
 Three running steps in place (counts 2-4).
 3-4  REPEAT pattern of measures 1-2 reversing direction and footwork.
 5-8  REPEAT pattern of measure 1-4.

PART IIb--Fast (Music BB)

- 9  Hop on left foot, bending and raising right knee high (count 1),
 Cross and a large step on right foot in front of left (count and),
 and REPEAT, reversing direction and footwork (counts 2-and).

Continued...

Staro tikveško, continued

- 10  Hop on left foot, bending and raising right knee high (count 1),
Cross and a large step on right foot in front of left (count and),
Leap forward on left foot (count 2),
Close and step on right foot beside left, and squat, bending
both knees deeply and placing both hands forward on ground (count and).
- 11  With hands in place, jump to land on balls of both feet and extend
body straight backward, knees straight, twisting body so right
hip is down (count 1),
Twist body so left hip is down (count 2).
- 12  Twist body so right hip is down (count 1),
With hands in place, jump forward on both feet to squat in a
frog-like position (count 2),
Rise, straightening both knees.
REPEAT ENTIRE SEQUENCE of Part IIa-b twice (3 times in all).

PART IIIa (Music AA, AA, BB)

- 1-8 As IIa above except moving backward
9-24 REPEAT pattern of measures 1-8 twice except facing slightly and
moving right.