

## STARO TIKVEŠKO — Macedonia (Vardar valley)

Spec.

## Старо Тиквешко

(Line dance for men, no partners)

Translation: Staro means old: Tikveš is a region in the Vardar valley.

Record: Folkraft LP-15, side A band 5 (2:41) — zurla (2) &amp; tapan.

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



Music 4/4

Measure

## PART Ia — Slow (Music AAAA)

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

## PART Ib — (Music BB)

- 9 Turning to face center, step sideways right on right foot (counts 1-2),  
Step backward on left foot (actually toes) and kneel on left knee (counts 3-4).  
10 Kneel on right knee beside left knee (counts 1-2),  
Raise left knee so thigh is parallel to floor, placing left foot forward  
(count 3),  
Rise, straightening knees, weight on left foot (count 4).  
11-12 REPEAT pattern of measures 9-10.

REPEAT ENTIRE SEQUENCE of Parts Ia-b TWICE (3 times in all).

Music 4/8

## PART IIa — Fast (Music CC)

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

Music 4/4

## PART IIb — Slow (Music DD)

- 9 Hop on left foot, bending and raising right knee high (count 1),  
Cross and a large step forward on right foot in front of left (count 2),  
and REPEAT, reversing footwork (counts 3-4).  
10 Hop on left foot, bending and raising right knee high (count 1),  
Cross and a large step forward on right foot in front of left (count 2),  
Leap forward on left foot (count 3),  
Close and step on right foot beside left, and squat, bending both knees  
deeply and placing both hands forward on ground (count 4).  
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  
(counts 1-2),  
Twist body so left hip is down (counts 3-4).  
12 Twist body so right hip is down (counts 1-2),  
With hands in place, jump forward on both feet to squat in a frog-like  
position (count 3),  
Rise, straightening both knees (count 4).

REPEAT ENTIRE SEQUENCE of Parts IIa-b TWICE (3 times in all).

Music 4/8

## PART IIIa (Music EE, EE, CC)

- 1-8 As IIa above except moving backward.  
9-24 As IIa above, twice, except facing slightly and moving right.