

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

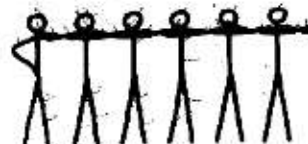
Macedonia

Translation: a man's skirt.

Rhythm: 7/8 (♩ ♩ ♩ ♩) counted 1-and, 2-and, 3, 4-and,
or "slow slow quick slow".

Record: Folkraft LP-25, side A band 2 (2:34).

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



Music 7/8
Measure



- 1 Lift on right foot in place (count 1),
Step slightly left on left foot (count 2),
Cross and step on right foot directly in front of left (count 3),
Step back on left foot in place (count 4).
2 REPEAT pattern of measure 1 reversing direction and footwork.
3 REPEAT pattern of measure 1.
4 Lift on left foot (count 1),
Turning to face slightly and moving right, step forward on right
foot (count 2),
A slight leap forward on left foot (count 3),
Step forward on right foot (count 4).
5 A high leap forward on left foot (count 1),
Step forward on right foot (count 2),
A slight leap forward on left foot (count 3),
Still facing slightly right but moving left, a slight leap backward
on right foot, turning to face center (count 4).

NOTE: When tempo speeds up at the end dancers release hands
and form individual solo leaps, squats, etc. Note also this dance
is similar to Zensko krsteno.