

TROPNALO ORO - Macedonia (Vardar Valley)

(Line dance, no partners)






Translation: Stamping dance

Rhythm: 7/16 (♩. ♩♩) counted "slow, quick, quick".

Record: Folkraft LP-24 side B band 5

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

Measure

- 1-2 Facing slightly and moving right, two HOP-STEP-STEPS forward, (left).
- 3-4 Two CROSSING-TWO-STEPS (right, left) forward.
- 5-6 Two HOP-STEP-HOPS (right, left) forward.
- 7  A quick leap forward on right foot.  
Step and close left foot to right.  
A small seap forward, on right foot.
- 8  Facing center and moving left, HOP-STEP-STEP sideward left, crossing right foot behind left on count 3.
- 9  STEP-HOP sideward left on left foot.
- 10  Leap quickly on left foot crossing in front of left.  
Step on left foot in place.  
Step on right foot in front of left in place.
- 11  Hop on right foot..  
Turning to face slightly right, step forward on left foot.

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HOP-STEP-STEP (right) in 7/16 (oo o.): Hop on right foot (counts 1-and) step on left foot (count "ah"), step on right foot (counts 2-3).

CROSSING-TWO-STEP (right) in 7/16 (ooo.): Step on right foot (count 1) Step and close left foot behind right (count 2), step on right foot (count 3).

STEP-HOP (right) in 7/16 (oo.): Step on right foot (counts 1-2), hop on right foot (count 3).