

U Nasheto Seio

U NASHETO SELO
Macedonian

First introduced in the U.S. by Atanas Kolarovski on his 1969 tour

FORMATION: Circle dance, no partners. Leader at Right, hands held at shoulder level.

METER: 2/4

INTRODUCTION: 8 measures - 16 counts. Begin with vocal.

Meas. Count Pattern

PART I

- Face diag to center - move fwd in LOD one two step R,L,R as follows:
- 1 1 Step on R fwd in LOD
& Step on L behind R, bending L knee sharply, when displacing R ft.
2 Step on R fwd in LOD
- 2 One two step fwd in LOD -LRL as follows:
- 1 Step on L fwd
& Close R to L bending R Knee sharply when displacing L ft.
2 Step on L fwd.
- 3-4 REPEAT action of meas 1-2. Joined hands brought down.

PART II

- Move into center & out
Turn to face center
- 1,2 1-2-3 Walk to center R,L,R
4 Rise slightly on R toe - lifting L ft, knee bent (high lift for men, low lift for women). Joined hands are brought up. Girls mimic the sound of the singers on the record with a sustained call "eeee".
- Back out from center as follows:
- 3 1 Step back on L toe - rising up. Joined hands brought down.
& Close R ft to L bending L knee (buzz type action).
2 & Repeat action of cts. 1-&.
- 4 1 Step back on L ft.
2 Rise slightly on L toe, lifting R ft, knee bent (same lift as ct 4 meas 1-2. Hands again brought up.
- 5-8 Repeat action of meas 1-4, joined hands again brought down (ct 1)

REPEAT dance exactly a second time.

The third time through, there will only be an instrumental rendition of the melody.

During the instrumental rendition -do Part II once only (meas 1-4)

