VALANDOVSKO
Macedonia

Valandovsko is the name of the town where the dance came from in east Makedonia.

PRONUNCIATION:

RECORD: AK-011 (LP), side B, band 6

RHYTHM: 11/16 counted as: $\frac{1-2}{1}$ $\frac{3-4}{2}$ $\frac{5-6-7}{3}$ $\frac{8-9}{4}$ $\frac{10-11}{5}$ (QQSQQ)

FORMATION: Lines joined in "V" pos or belt hold.

METER: 11/16 PATTERN

Meas.

INTRODUCTION:

PART I:

1 Facing ctr, step R to R (ct 1); step L behind R (ct 2); step R to R turning to face LOD (ct 3); hop on R (ct 4); step L fwd (ct 5).

2 Step R to R turning to face ctr (ct 1); step L behind R (ct 2); step R to R (ct 3); hop on R as L kicks fwd (cts 4-5).

3 Leap on L to L as R knee lifts fwd (cts 1-2); step R to R (ct 3); hop on R as L kicks fwd (ct 4-5).

4 Step L to L (ct 1); step R behind L 8ct 2); step L to L (ct 3); hop on L as R knees lifts fwd (cts 4-5).

PART II:

1 Repeat cts 1-3, Part I (R to R, L behind, R to R face LOD) (cts 1-3); hop on R (cts 4-5).

2 Step L fwd (cts 1-2); step R to R turning to face ctr (ct 3); step L next to R (ct 4); step R in place (ct 5).

3-4 Repeat meas 3-4, Part I (leap L to L, R to R, hop R & kick L; L to L, R behind, L to L, hop L & lift R).

Dance notes by Fusae Senzaki
Presented by Atanas Kolarovski
Statewide '87
Pasadena