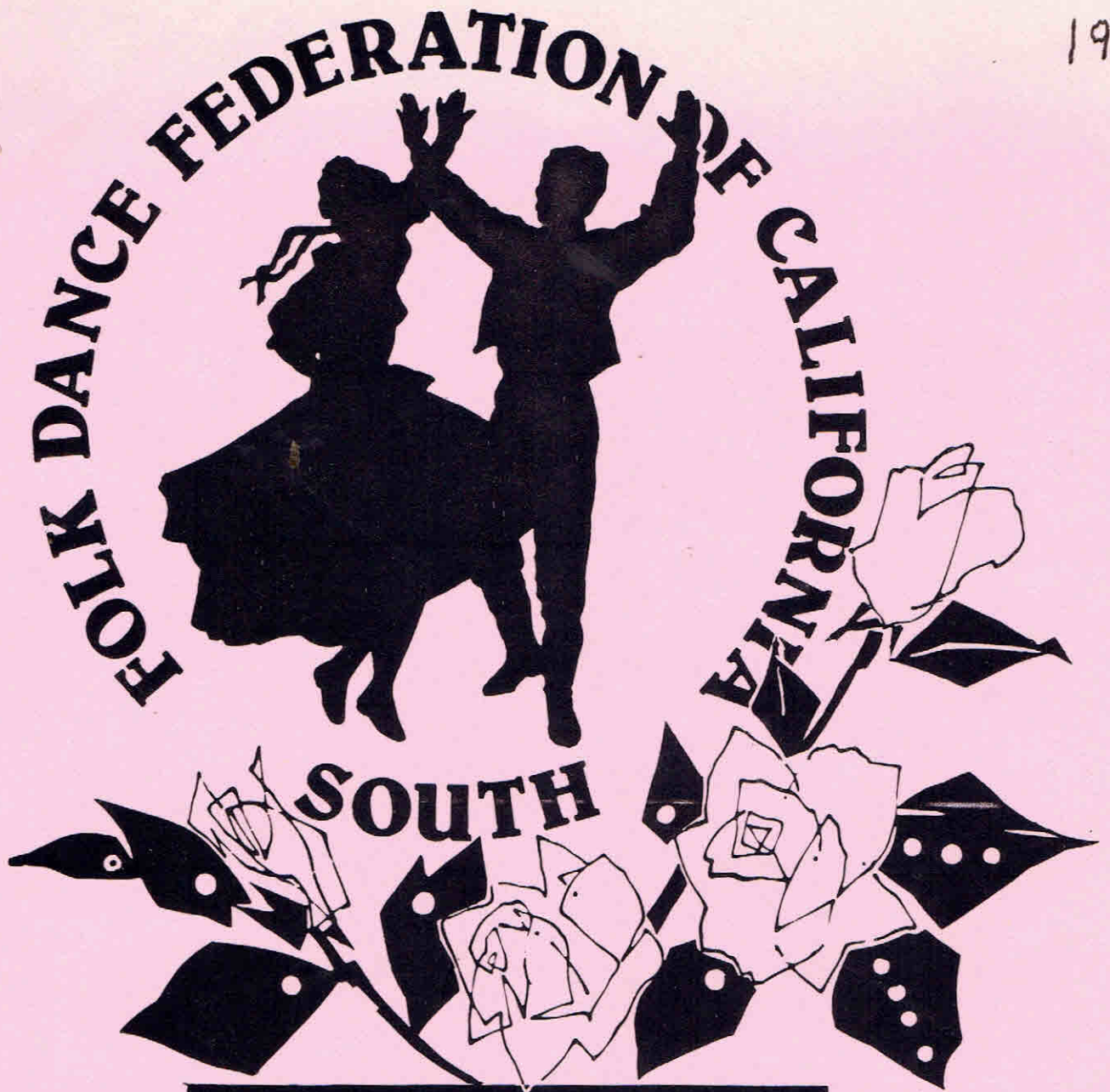


1987



**STATEWIDE '87  
FOLK DANCE FESTIVAL**

**INSTITUTE**

**PASADENA, CALIFORNIA**

**MAY 23, 24**

S T A T E W I D E I N S T I T U T E

May 23-24, 1987

MOSHIKO HALEVY

Al Levavi .....	Israel .....	1
Debka Dor .....	Israel .....	3
Dilam Bazan .....	Israel .....	6
Haduni .....	Israel .....	8
Hitahavti Bezemer .....	Israel .....	10
Mi Kamocha .....	Israel .....	12
Mor .....	Israel .....	14
Perach Zahav .....	Israel .....	16

ATANAS KOLAROVSKI

Dvanaestorka .....	Macedonia .....	18
Sal Nok Ne Sum Zaspalo .....	Macedonia .....	19
Šarplaninsko .....	Macedonia .....	20
Staro Makedonsko .....	Macedonia .....	22
Svekrvino Oro .....	Macedonia .....	24
Topaansko .....	Macedonia .....	25
Valandovsko .....	Macedonia .....	27

AL LEVAVI  
Israel

TRANSLATION: On my heart

PRONUNCIATION: ahl leh-vah-vee

CHOREOGRAPHER: Moshiko Halevy

MUSIC: Dance with Moshiko, MIH 8 (LP), side B, band 5

FORMATION: Cpls facing with M back to ctr.

Ftwk same for both M and W.

---

METER: 4/4

PATTERN

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Meas Cts

INTRODUCTION:

- PART I: Arms cross in front of body and fingers snap through Part I
- 1 1-3 Yemenite R.  
4 Pivot on R turning 1/2 L. End back to back with M facing in, W out.
- 2 1-2 Step-bend L bkwd, exchange places with ptr passing L shldrs.  
3-4 Step-bend R bkwd. End with W back to ctr, M facing W.
- 3 1-2 Step-bend L to L.  
3-4 Touch R heel across L - snap fingers; hold.
- 4 Repeat meas 3 with opp ftwk and direction. (step-bend R to R, touch Rx & snap)
- 5-16 Repeat meas 1-4, alternating ftwk and direction, 3 more times (4 in all).

PART II: Arms are open to side with fingers in snapping pos.

- 1 1-4 Yemenite R.
- 2 1-2 Step L to L; step R bkwd while turning 1/2 R. M end facing ctr, W out.  
3-4 Step L across R; hold.
- 3 1-2 Step-bend R to R.  
3-4 Touch L heel across R - snap fingers; hold.
- 4 Repeat meas 3 with opp ftwk and direction. (step-bend L to L, touch Rx)

- 5 1-4 Slow two-step fwd (R-close-R-hold) - arms with elbows bent palms up as if holding a tray.
- 6 1-4 Repeat meas 5 with opp ftwk and direction.
- 7-8 With 4 slow step-bends (RLRL) turn once to R - arms are up with palms turned away from body.
- 9-12 Repeat meas 1-4, end in original pos. (Yem R, pivot on R 1/2; L-bend R bend bk; R-bend to R, touch Lx; L-bend to L, touch Rx)
- 13 1-4 Slow two-step R bkwd - hands as in meas 5-6 (hold tray).
- 14 1-4 Slow two-step L fwd.
- 15-16 Repeat meas 7-8. (4 slow step-bends RLRL turn once)

- PART III: Join both hands with ptr, elbows bent
- 1 1-2 Rock R fwd (W bk); hold.  
3-4 Rock L back (W fwd); hold.
- 2 1-4 Slow two-step R fwd (W bk), beg R.
- 3-4 Repeat meas 1-2 with opp ftwk and direction. End side by side facing LOD, W on M R. R hands fwd and joined in a thumb grasp, W R arm to R, W L hand on M R shldr; M L hand on top W L hand.
- 5-8 Do 4 small two-steps beg R and turning once to L. M in a small circle, W follows in a wider circle.
- 9-16 Repeat meas 1-8.

Presented by Moshiko Halevy  
Statewide '87  
Pasadena

DEBKA DOR  
Israel

TRANSLATION: Generations debka

PRONUNCIATION: deb-kah door

CHOREOGRAPHER: Moshiko Halevy

MUSIC: Dance with Moshiko, MIH 8 (LP), side B, band 1

FORMATION: Closed circle, face ctr with hands joined in "V" pos.

---

METER: 4/4

PATTERN

---

Meas Cts

INTRODUCTION:

- CHORUS: In LOD.
- 1 1-2 Step R to R; hold.  
3-4 Step L behind R; step R to R.
- 2 1-2 Step L across R; hold.  
3-4 Close R to L without wt; hold.
- 3-4 Repeat meas 1-2.
- 5 1-2 Small hop on R to R as L swings low across R; repeat to L.  
3-4 Jump onto both ft, R across L, knees bent; straighten knees.
- 6 1-2 Sharply bend knees; hold. Keep body straight.  
3-4 Jump on both ft in stride pos; leap onto L.
- 7-12 Repeat meas 1-6.

PART I: Hands free at sides

- 1 1-2 Step R to R; stamp L in front of L while turning to face RLOD - clap.  
3-4 Repeat cts 1-2 to L with L. End facing LOD.
- 2 1-2 Do 1 two-step fwd, beg R.  
3-4 Step L-R in LOD.
- 3 1-2 Step L fwd; stamp R fwd - clap.  
3-4 Step R to R while turning to face ctr; stamp L fwd while turning to face RLOD - clap.
- 4 Repeat meas 2, in RLOD with L.

- 5     1-2     Repeat cts 1-2, meas 3 in RLOD with R. (R fwd, stamp L fwd)  
       3-4     Repeat cts 3-4, meas 3 with L. End facing RLOD. (L to L & face ctr, stamp R fwd)
- 6-8           Repeat meas 2-4. (R-close-R,LR fwd; L fwd, stamp R, step R to R, stamp L-clap; R-close-R, LR fwd)

CHORUS:

- PART II: Move twd ctr
- 1     1&2     Beg R, do 1 two-steps fwd with accent.  
       3-4     Stamp L in place; hold.
- 2     1-4     Do 2 step-holds (L-R) twd ctr.
- 3     1-2     Stamp L in place; lift L knee, lean bkwd.  
       3-4     Yemenite L bkwd (fast).
- 4     1-2     Step R fwd; hold.  
       3-4     Repeat cts 1-2, meas 3 with L (stamp L, lift L fwd)
- 5-8           Repeat meas 1-4 bkwd in LOD, beg R.
- 9-16           Repeat meas 1-8.

CHORUS:

- PART III: Face ctr, hands joined in "V" pos.
- 1     1-2     Step R to R, bend knee, body bent slightly fwd; hold.  
       3-4     Touch L heel fwd, knee straight; sharply turn toes to L without raising heel.
- 2             Yemenite R.
- 3-6           Repeat meas 1-2, alternating ftwk, 2 more times. (3 in all)
- 7     1-2     Step L to L; hold.  
       3-4     Step R behind L; hold.
- 8     1-2     Step L to L; hold.  
       3-4     Step R across L; hold.
- 8-16           Repeat meas 1-8.

CHORUS:

- PART IV: Face LOD, body slightly bent fwd, hands joined in "V" pos.
- 1     1-2     Knees bent - stamp R fwd; hold.  
      3-4     Step L fwd; small hop on L fwd.
  - 2     1-4     Do 2 stamp-holds fwd, R-L.
  - 3     1-4     Repeat meas 1 (stamp R, hold, tap L heel, hop L)
  - 4     1-4     Stamp R,L,R fwd, hold.
  - 5-16         Repeat meas 1-4, alternating ftwk, 3 more times. (4 in all)

Presented by Moshiko Halevy  
Statewide '87  
Pasadena

DILAM BAZAN  
Israel

TRANSLATION:

PRONUNCIATION: dee-lahm bah-zahn

CHOREOGRAPHER: Moshiko Halevy

MUSIC: Dance with Moshiko, MIH 8 (LP), side B, band 3

FORMATION: Cpls facing LOD, W on M R, inside hands joined at shldr ht, outside hands free by side.

STEPS: Basic step: With either ft.  
Meas 1 - Step fwd.  
2 - Stamp ball of ft in place, step fwd (fast)

---

METER: 2/4

PATTERN

---

Meas

INTRODUCTION:

- PART I: Ftwk described for M, W use opp ftwk
- 1-2 Do 2 basic steps fwd (LR) in LOD.
- 3-4 With 2 basic (LR), turn 1/2 bkwd L. End facing RLOD.
- 5-6 Do 2 basic bkwd (LR) in LOD.
- 7-8 Step L-R turning 1/2 bkwd L.
- 9-14 Repeat meas 1-6.
- 15 Step L across R; step R turning L to face ptr.
- 16 Close L to R; hold. Ptrs facing, M on inside.

- PART II: Both use same ftwk, raise hands fwd, move slightly from side to side with steps.
- 1-2 Do 2 basic (RL) moving bkwd (apart).
- 3 Sway R-L.
- 4 Step R-L turning 1/2 bkwd L. M end facing ctr, W out.
- 5-8 Repeat meas 1-4 moving bkwd, back to back with ptr.

- PART III: Face to face, both use same ftwk.
- 1 Sway R-L.
- 2 Cross R over L while turning L, end R shldr to R shldr, look at ptr; tap L toe behind R - clap.



- 3 Step L behind R; step R turning  $1/2$  R, end L shldr to L shldr with ptr.
  - 4 Step L across R; tap R toes behind L - clap at head ht.
  - 5 M face RLOD, W LOD, sway R-L.
  - 6 Beg R do a two-step (step R across L on first step), end back to back, M moving outside, W inside.
  - 7 Step L bkwd; step R while turning R to face ptr.
  - 8 Close L to R; hold.
  - 9-16 Repeat meas 1-8, end with M inside and ptrs face to face.
- NOTE: To begin dance again, turn  $1/4$  to face LOD.

Presented by Moshiko Halevy  
Statewide '87  
Pasadena

HADUNI  
Israel

TRANSLATION:

PRONUNCIATION: hah-doo-nee

CHOREOGRAPHER: Moshiko Halevy

MUSIC: Dance with Moshiko, MIH 8 (LP), side A, band 6

FORMATION: Lines facing ctr, hands joined in "V" pos.

---

METER: 4/4

PATTERN

---

Meas Cts

INTRODUCTION:

CHORUS:

- 1     1     Jump fwd on both ft, L fwd of R, knees bent.  
      2     Slide L bk, step R bkwd.  
      3-4    Step L-R in place.
- 2     1     Step L in place.  
      2     Hop on L; step R in place.  
      3-4    Step L-R in place.
- 3-8           Repeat meas 1-2, 3 more times (4 in all).

PART I: Face LOD

- 1     1-2    Step L fwd; step R fwd as L leg extends fwd.  
      3-4    Repeat cts 1-2.
- 2     1-2    Repeat cts 1-2, meas 1 (3 times in all).  
      3-4    Stamp L 2 times in place.
- 3-4           Repeat meas 1-2. End facing ctr.
- 5     1-2    Touch L toes fwd; then sdwd.  
      3     Lift L bkwd.  
      4     Leap onto L as R extends fwd.
- 6-8           Repeat meas 5 alternating ftwk 3 more times (4 in all).
- 9     1-2    Debka step L fwd: Touch L heel fwd; small leap L fwd;  
          step R fwd. Bouncy step.  
      3&4    Step LRL fwd.
- 10    1-4    Beg R do 7 steps bkwd, accent L ft.

CHORUS:

- PART II: Face diag R of ctr.
- 1 1-2 Step L fwd; jump fwd on both ft.  
3-4 Repeat cts 1-2.
- 2 1-2 Repeat meas 1-2, meas 1 (3 times in all).  
3-4 Stamp L 2 times in place.
- 3-4 Repeat meas 1-2. End facing ctr.
- 5 1-3 Facing and moving in RLOD, step LRL.  
4 Turning to face ctr, stamp R in place.
- 6 1-2 Bend both knees (sitting pos); bounce 2 times.  
3-4 Bend and straighten both knees;
- 7-8 Repeat meas 5 in opp dir (LRL stamp R w/wt).
- 9 1-2 With L fwd, ft apart, lunge diag L fwd on ball of L ft;  
bkwd on R heel.  
3-4 Repeat meas 1-2 to R with R ft.
- 10 Repeat meas 9 (total of 4 times, diag LRLR).

CHORUS

- PART III: Face diag R of ctr.
- 1 1-3 Step LRL fwd.  
4 Stamp R in place.
- 2 1 Jump fwd onto both ft.  
2&3 Step L-R bkwd; step L to L.  
4 Stamp R across L with wt. End facing diag L of ctr.
- 3 1-4 Stamp LRLR, free ft is lifted bkwd.
- 4 1 Step L bkwd.  
2 Step R to R turning to face ctr.  
3-4 Step L-R fwd.
- 5-8 Repeat meas 1-4.
- 9 1-4 Step RLRL fwd twd ctr, clap hands with each step.
- 10 1-4 Step LRLR bkwd away from ctr, clap hands with each step.

CHORUS

Presented by Moshiko Halevy  
Statewide '87  
Pasadena

HITAHAVTI BEZEMER  
Israel

TRANSLATION: I fell in love with a song

PRONUNCIATION: hit-ah-hahv-ti beze-mehr

CHOREOGRAPHER: Moshiko Halevy

MUSIC: Dance with Moshiko, MIH 8 (LP), side A, band 5

FORMATION: Cpls in a circle facing ptr, M back to ctr, hands free at side.

Ftwk same for both.

---

METER: 3/4

PATTERN

---

Meas

INTRODUCTION:

DANCE:

- 1 Step-bend R in front of L (ct 1); step L back in place (ct 2); step R to R (ct 3).
- 2 Step L in front of R step while turning 1/2 R (CW) (ct 1); step R-L bkwd exchanging places with ptr, pass R shldr (cts 2-3). End with W back to ctr, R shldr to R shldr with ptr.
- 3-4 Join R hands, waltz balance RLR fwd, LRL bkwd.
- 5-6 With 2 waltz steps (RLR-LRL), turn 3/4 L (CCW) individually. End in a circle, facing ptr, L shldr twd L shldr. M face LOD (CCW), W RLOD (CW).
- 7-8 Extend arms sdwd, ptrs do not touch. Waltz RLR (M fwd, W bkwd); waltz LRL turning L (CCW) individually.
- 9-10 Waltz RLR-LRL, M moves bkwd, W fwd.
- 11-14 Repeat meas 7-8 in opp dir. (1 waltz M bk & W fwd, 1 waltz-turn L individ; 2 waltz-M fwd & W bk).
- 15 Rock R-L (cts 1-2); step R in front of L (ct 3).
- 16 Stepping LRL, turn 3/4 L. End face to face with ptr, M back twd ctr.
- 17 Step RLR fwd changing places with ptr, passing L shldr. End with W back twd ctr.
- 18 Step LRL turning 1/4 L (CCW). End facing ptr, L shldr to L shldr, M face LOD.

- 19 With arms extend to sides, step R fwd (ct 1); step L bkwd (ct 2); step R behind L (ct 3).
- 20 Step L to L (ct 1); step R fwd (ct 2); close L to R (ct 3).
- 21 Step R fwd (ct 1); step L bkwd (ct 2); step R to R (ct 3).
- 22 Step L in front of R (ct 1); step R to R (ct 2); close L to R (ct 3).
- 23-26 Repeat meas 7-10. (waltz RLR w/M fwd & W bk, waltz LRL turn L individ; 2 waltz w/M moving bwd & W fwd)
- 27-28 Repeat meas 15-16. (rock RL, Rx; turn 3/4 L.
- 29-30 Beg R, ptrs exchange places with 6 steps, joining R hands and turning 1/2 R. End with ptrs facing, M back to ctr.

Presented by Moshiko Halevy  
Statewide '87  
Pasadena

MI KAMOCHA  
Israel

TRANSLATION: Who is like unto you?

PRONUNCIATION: me kah-moh-chah

CHOREOGRAPHER: Moshiko Halevy

MUSIC: Dance with Moshiko, MIH 8 (LP), side A, band 3

FORMATION: A closed circle facing ctr, hands joined in "W" pos.

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METER: 4/4

PATTERN

---

Meas Cts

INTRODUCTION:

PART I:

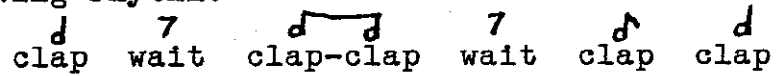
- 1 1-4 Walk R-L-R-L twd ctr.
- 2 1-2 Step R-L while turning 1/2 R (CW). Release and rejoin hands. End facing out of circle.  
3-4 Step R-L bkwd twd ctr.
- 3 1-4 Do 2 PDB (pas de basque) (RLR-LRL) fwd away from ctr.
- 4 1-4 Do 2 PDB (RLR-LRL) turning 1/2 R (CW). Release and rejoin hands. End facing ctr.
- 5-6 Repeat meas 1-2, except face LOD and move fwd to beg sequence (RLRL fwd; RL turn 1/4 R, RL bk). End facing out.
- 7-8 Repeat meas 5-6 facing RLOD (RLRL fwd; RL turn 1/2 R, RL bk). End facing in.
- 9-16 Repeat meas 1-8.

PART II: Facing ctr, release hands and raise them to shldr level ready to snap fingers.

- 1 1 In stride pos, sway R (knees and body bent twd R).  
2 Sway L as above.  
3 Hop on L as R leg raises fwd, bend body twd L.  
4 Stamp R fwd, R shldr diag twd ctr, bend both knees and bend bkwd.
- 2 1-2 Run R-L bkwd, ft apart.  
3-4 Run R-L-R quickly in place, ft apart.
- 3-6 Repeat meas 1-2, 2 more times alternating ftwk and direction. (3 in all)  
NOTE: Meas 1-6 move twd ctr.

7 1-4 Chug bkwd on both ft 4 times, land on heels at end of each chug.

8 1-4 Clap 5 times while bending knees in place to the following rhythm:

  
clap wait clap-clap wait clap clap

9-16 Repeat meas 1-8.

Presented by Moshiko Halevy  
Statewide '87  
Pasadena

MOR  
Israel

TRANSLATION:

PRONUNCIATION: myrrh

CHOREOGRAPHER: Moshiko Halevy

MUSIC: Dance with Moshiko, MIH 8 (LP), side A, band 2

FORMATION: A closed circle facing LOD with hands joined in "V"  
pos.

---

METER: 4/4

PATTERN

---

Meas Cts

INTRODUCTION:

- PART I: Face LOD and move in LOD.
- 1 1-2 Walk R-L fwd.  
3 Pivot 1/2 L (CCW) on L ft, L knee bent.  
4 Facing RLOD, step R bkwd, bend knees.
- 2 1-2 Step L fwd in place as ball of R ft brushes fwd (R knee bent).  
3-4 Touch R heel fwd; hold.
- 3 1-4 R Tcherkessia step: Step R fwd; step L bk in place;  
step R bkwd; step L fwd in place.
- 4 1-4 Step R-L-R fwd in RLOD; hold.
- 5 1-2 Step L in place turning 1/4 L (end with bk twd ctr),  
raise R in an arc from R to L. Release and rejoin  
hands.  
3-4 Step R across L; step L to L.
- 6 1-2 Pivot on L, 1/2 to R (CW) (end facing ctr); step R to  
R. Release and rejoin hands.  
3-4 Step L across R; hold.
- 7 1-2 Step R to R; hold.  
3-4 Step L across R; hold.
- 8 1-4 Yemenite R.
- 9-16 Repeat meas 1-8, with opp ftwk and direction.

PART II:

- 1 1-4 Facing RLOD, Yemenite R turning 1/4 R on ct 4. End with  
bk twd ctr. Release and rejoin hands.
- 2 1-4 Do 2 step-bends bkwd twd ctr, L-R.



MOR, page 2

- 3     1-2     Step L to L (rock); rock onto R.  
       3-4     Step L across R; step R to R.
- 4     1-2     Step L across R; step R to R.  
       3-4     Step L across R; hold.
- 5-16         Repeat meas 1-4, 3 more times, alternating ftwk and  
               direction. (4 in all).

Presented by Moshiko Halevy  
Statewide '87

PERACH ZAHAV  
Israel

TRANSLATION: Golden flower

PRONUNCIATION: pee-rah zah-hahv

CHOREOGRAPHER: Moshiko Halevy

MUSIC: Dance with Moshiko, MIH 8 (LP), side B, band 4

FORMATION: A closed circle facing ctr, hands joined in "W" pos.

---

METER: 4/4

PATTERN

---

Meas Cts

INTRODUCTION:

- PART I:
- 1    1-2    Step R fwd with bent knee; step L back in place.  
     3-4    Step R bkwd as L lifts bkwd in an arc; L continues bkwd  
         swing.
- 2    1-2    Step L behind R; step R to R.  
     3-4    Step L across R; hold.
- 3    1-3    Step R,L,R fwd twd ctr.  
     4    Pivot on R 1/2 turn to L (CCW). End facing out,  
         release hands.
- 4           Rejoin hands and repeat meas 3, facing out with opp  
         ftwk and direction.
- 5-8           Repeat meas 1-4.

- PART II:
- 1    1-3    Yemenite R.  
     4    Brush L to L.
- 2    1-2    Step L to L; step R across L.  
     3-4    Step L back in place; sway R.
- 3-4           Repeat meas 1-2 with opp ftwk.

- PART III:
- 1    1-3    Step RLR fwd twd ctr.  
     4    Bend R knee sharply.
- 2    1-4    Yemenite L bkwd.
- 3    1-2    Step R bkwd; step L bkwd across L.  
     3-4    Step R bkwd; lift L while turning L.

4 Repeat meas 3 with opp ftwk.

NOTE: During meas 3, Part III, the body is turned slightly to R during meas 4, Part III, the body is turned slightly to L, but the arms remain facing directly twd ctr.

5-8 Repeat meas 1-4.

Presented by Moshiko Halevy  
Statewide '87  
Pasadena

DVANAESTORKA  
Macedonia

This dance is from the Skopje area. It is of the same family of dances as Postupano, Zensko Krsteno, Adana, Baba Gjurja and many more from that area. It's name comes from the 12/16 rhythm.

TRANSLATION: dvanaest means "12"

PRONUNCIATION:

RECORD: AK-013 (LP), side A, band 5

RHYTHM: 12/16 conted as: S Q Q S Q or 1 2 3 4 5

FORMATION: Separate lines with M in shldr hold, W in "W" pos; or mixed lines with everyone in "W" pos.

---

METER: 12/16

PATTERN

---

Meas.

INTRODUCTION:

PART I:

- 1 Facing and moving LOD, lift on L (S); step R fwd (QQ); bounce on R as L lifts fwd (S); hold (Q).
- 2 Small leap on L, step R in place (S); step L fwd (QQ); bounce on L as R lifts fwd (S); hold (Q).
- 3 Step R fwd turning to face ctr (S); step L in front of R (QQ); step R back in place (S); hold (Q).
- 4 Lift on R (S); step L to L (QQ); step on ball of R ft twd ctr - wt on both ft (S); step L bk in place (Q).
- 5 Repeat meas 4 with opp ftwk.
- 6 Lift on R (S); step L to L turning 1/4 to face LOD (Q); small leap fwd on R (Q); step L fwd (Q); hold (Q).

PART II:

- 1 Lift on L (S); step R fwd (QQ); leap L fwd, step R fwd (S).
- 2 Step L fwd (S); step R fwd (QQ); step L fwd (SQ).
- 3 Leap R fwd (S); step L fwd (QQ); small leap R fwd, step L fwd turning to face ctr (S); hold (Q).
- 4 Step R bkwd (S); hop on R (Q); step L to L (Q); small step R fwd (Q); step L bkwd (Q); hold (Q).
- 5 Hop on L (S); step R to R (QQ), step L in front of R (Q); step L back in place (Q); hold (Q).
- 6-7 Repeat meas 4-5.
- 8 Repeat meas 4, end facing LOD.

Dance notes by Fusae Senzaki

Presented by Atanas Kolarovski  
Statewide '87  
Pasadena



SARPLANINSKO  
Macedonia

TRANSLATION:

PRONUNCIATION: shar-plah-noon-skoh

RECORD: AK-011 (LP), side B, band 5

FORMATION: Lines in "W" pos.

---

METER: 2/4

PATTERN

---

Meas.

INTRODUCTION:

PART I:

- 1-2 Facing and moving LOD, lift on L (ct 1); step R-L fwd (2-1); hold (ct 2).
- 3 Lift on L (ct 1); step R fwd (ct 2).
- 4 Step L-R fwd.
- 5 Hold on R (ct 1); lift on R (ct 2).
- 6 Step L-R fwd.
- 7 Hold on R (ct 1); lift on R (ct 2).
- 8 Step L-R fwd.
- 9 Step L fwd (ct 1); pivot on L to face ctr (ct 2).

PART II:

- 1 Step R in front of L, turn body slightly to L (ct 1); step L back in place (ct 2).
- 2 Step R to R turning to face ctr (ct 1); step L in place (ct 2).
- 3 Lift on L (ct 1); step R beside L (ct 2).
- 4 Hold (ct 1); step L beside R (ct 2).
- 5 Step R in place (ct 1); step L in front of R turning body slightly to R (ct 2).
- 6 Step R back in place (ct 1); step L to L turning to face ctr (ct 2).
- 7 Step R in place (ct 1); lift on R (ct 2).

8 Step L in place (ct 1); lift on L (ct 2).

9 Step R-L in place.

PART III:

1 Facing slightly L of ctr, lift on L (ct 1); step R in front of L (ct 2).

2 Step L back in place turning to face ctr (ct 1); hold (ct 2).

3 Lift on L (ct 1); step R beside L (ct 2).

4 Hold on R (ct 1); step L in place (ct 2).

5 Step R in place (ct 1); Lift on R turning to face slightly R of ctr (ct 2).

6 Step L in front of R (ct 1); step R back in place (ct 2).

7 Hold on R (ct 1); lift on R (ct 2).

8 Step L next to R (ct 1); hold (ct 2).

9 Step R-L in place.

Presented by Atanas Kolarovski  
Statewide '87  
Pasadena

STARO MAKEDONSKO  
Macedonia

BACKGROUND: The dance is from Skopje, Makedonija.

TRANSLATION:

PRONUNCIATION: stah-roh mah-kah-dohn-skoh

RECORD: AK-013 (LP), side B, band 4

FORMATION: Lines joined in "W" pos.

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METER: 8/16

PATTERN

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Meas.

INTRODUCTION:

PART I:

- 1 Facing ctr, hop on L(ct 1); step R to R (cts 2-3); step L fwd (cts 4-5); step R back in place (cts 6-8).
- 2-4 Repeat meas 1, alternating ftwk, 3 more times (4 in all).
- 5 Facing LOD, hop on L (ct 1); step R fwd (cts 2-3); bounce on R (cts 4-6); step L fwd (cts 7-8).
- 6 Small lift on L (ct 1); step R-L fwd (cts 2-3, 4-5); small leap fwd on R (ct 6); step L fwd (cts 7-8).
- 7-8 Repeat meas 5-6.

PART II:

- 1 Facing LOD, small leap fwd on R (ct 1); step L-R fwd (cts 2-3, 4-5); small leap fwd on L (ct 6); step R fwd (cts 7-8).
- 2 Small lift on R (ct 1); step L-R fwd (cts 2-3, 4-5); small lift on R (ct 6); step L fwd (cts 7-8).
- 3 Facing ctr, hop on L (ct 1); step R to R (cts 2-3); bounce on R as L lifts fwd (cts 4-5); bounce twice on R as L moves behind R (cts 6-8).
- 4 Lift on R (ct 1); step L bkwd (cts 2-3); bounce on L as R lifts fwd (cts 4-5); bounce twice on L (cts 7-8).

PART III:

- 1-2 Repeat meas 1-2, Part II. (leap R fwd, LR fwd, leap L fwd, R fwd; lift on R, LR fwd, lift on R, L fwd)



- 3 Leap R fwd (ct 1); step L in front of R (ct 2-3); step R to R (cts 4-5); leap L to L (ct 6); step R in front of L (cts 7-8).
- 4 Facing ctr, small lift on R (ct 1); step L-R fwd (cts 2-3, 4-5); small lift on R (ct 6); step L bkwd (cts 7-8).
- 5-6 Repeat meas 3-4.

Dance notes by Fusae Senzaki

Presented by Atanas Kolarovski  
Statewide '87  
Pasadena

SVEKRVINO ORO

Macedonia

PRONUNCIATION:

RECORD: AK-014 (LP), side A, band 1

RHYTHM: 7/8 counted as:  $\frac{1,2}{1}$   $\frac{3,4}{2}$   $\frac{5,6,7}{3}$

FORMATION: Lines in "W" pos.

METER: 7/8

PATTERN

Meas.

INTRODUCTION:

PART I:

- 1 Facing R of ctr and moving in LOD, step R in LOD (ct 1); bounce on R (ct 2); step L in LOD (ct 3).
- 2 Facing ctr, step R to R (ct 1); bounce 2 times on R as L knee lifts fwd (cts 2-3).
- 3 Repeat meas 2 with opp ftwk.
- 4-9 Repeat meas 1-3, 2 more times (3 in all).
- 10 Repeat meas 2 (R to R, bounce 2x on R)
- 11 Step L to L (ct 1); step R behind L (cts 2-3).
- 12 Repeat meas 3 (L to L, bounce 2x on L).
- 13-14 Repeat meas 2-3 (R to R, bounce 2x on R; repeat w/opp ftwk).
- 15 Step R twd ctr (ct 1); step L in place (ct 2); step R beside L (ct 3).
- 16 Step L in place (ct 1); bounce on L as R knee lifts fwd (ct 2); hold (ct 3).

PART II:

- 1 Repeat meas 1, Part I. (R fwd, bounce R, L fwd)
- 2 Still facing R of ctr, step R in LOD (ct 1); bounce on R 2 times as L knee lifts fwd (cts 2-3).
- 3 Step L in LOD (ct 1); bounce on L 2 times as R knee lifts fwd (cts 2-3).
- 4 Repeat meas 2, Part II (R fwd, bounce 2x on R)
- 5 Step L to L (ct 1); bounce on L (ct 2); step R across L in LOD (ct 3).
- 6 Repeat meas 1 (R fwd, bounce R, L fwd).
- 7-8 Repeat meas 15-16, Part I (R twd ctr, LR in pl; L in pl, bounce L)

Presented by Atanas Kolarovski  
Statewide '87  
Pasadena

TOPAANSKO  
Macedonia

BACKGROUND: Gypsy dance

PRONUNCIATION:

TRANSLATION:

RECORD: AK-011 (LP), side B, band 4

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: Separate lines. M in shldr hold, W hands in "W" pos.

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METER: 11/16

PATTERN

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Meas.

INTRODUCTION: Beg with zurna

PART I:

- 1 Facing R of ctr, lift on L (ct 1); step R fwd (ct 2); bounce on R 2 times (cts 3-4); step L fwd (ct 5).
- 2 Lift on L (ct 1); step R to R turning to face ctr (ct 2); bounce on R as L lifts fwd (ct 3); chug R fwd, close L to R ft with CCW arc (cts 4-5).
- 3 Lift on R (ct 1); step L behind R (ct 2); lift R knee fwd (ct 3); hold (cts 4-5).
- 4 Bounce on L 2 times (ct 1-2); step R fwd (ct 3); lift on R (ct 4); step L in place (ct 5).
- 5-24 Repeat meas 1-4, 5 more times (6 in all).

PART II:

- 1-2 Repeat meas 1-2, Part I. (lift on L, R fwd, bounce R 2x, L fwd; lift on L, R to R, chug R & lift L, bounce R & close L)
- 3 Repeat cts 1-3, meas 3 (lift on R, L behind, lift R knee).
- 4 Twist body slightly L (cts 1-2); twist body slightly R (ct 3); face ctr (cts 4-5).
- 5-8 Repeat meas 1-4.

PART III:

- 1-3 Repeat meas 1-3, Part II (lift on L, R fwd, bounce R 2x, L fwd; lift on L, R to R, bounce R & lift L, bounce R & close L; lift on R, L behind, lift R knee)
- 4 With wt on R, lift L knee (ct 1); hold (ct 2); leap L to R, lift R knee fwd (ct 3); leap R to R, lift L knee fwd (ct 4); leap L to L, lift R knee fwd (ct 5).
- 5-16 Repeat meas 1-4, 3 more times (4 in all).

PART IV:

- 1-8 Repeat Part II.

PART IV:

WOMEN:

- 1 Facing and moving in LOD, hop on L (ct 1); step R fwd (ct 2); hop on R (ct ah); step L fwd (ct 3); step R-L fwd, small steps (ct 4-5).
- 2 Repeat meas 1.
- 3 Hop On L (ct 1); step R turning to face ctr (ct 2); step L in front of R (ct 3); small hop on L (ct 4); step R back in place (ct 5).
- 4 Repeat meas 3 with opp ftwk and direction.
- 5-6 Repeat meas 3-4.

Repeat meas 1-6 to end of music.

MEN: Individual, hands released

- 1-2 Same as meas 1-2 of W. (hop L, R fwd, hop R, L fwd, RL fwd; repeat)
- 3 Hop on L (ct 1); step R turning to face ctr (ct 2); squat (ct 3); rise on L ft (ct 4-5).
- 4 Step R across L turning to face LOD (ct 1); step L turning to face ctr (ct 2); squat (ct 3); rise on R ft (cts 4-5).
- 5-6 Repeat meas 4, alternating ftwk and direction
- Repeat meas 1-6 to end of music.

Dance notes by Fusae Sensaki

Presented by Atanas Kolarovski  
Statewide '87  
Pasadena

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.

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METER: 11/16

PATTERN

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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