

Žensko Makedonsko

(Macedonia)

SOURCE: FRULA ENSEMBLE, Zoran Vasiljević. This dance was taught at an AMAN INSTITUTE in the early 1970's.

MUSIC: FT-4101, SIDE B

FORMATION: W lines facing CTR with hands joined in "W" pos and slightly fwd

METER: 9/16 counted 1-2 3-4 5-6 7 8-9
1 2 3 4 5 (S,S,S,Q,S)

Meas:

No Introduction

Part I:

- 1 Touch L fwd (ct 1); touch L to L (ct 2); close L to R (ct 3); bend R knee and step on L in place (ct 4-5)
- 2 Step R-L in place (ct 1-2); R lifts fwd close to floor with straight knee (ct 3); whole leg rotates with R heel moving twd L (ct 4); step R in place (ct 5)
- 3 L heel moves in (ct 1); close R to L, wt on both (ct 2); repeat cts 3-5, meas 2 (R lifts fwd, rotate R, R in pl) (cts 3-5)
- 4-12 Repeat meas 1-3, 3 more times (4 in all)

Part II: Transition as temp increases

- 1 Repeat Part I, meas 1
- 2 Release hands, put L hand on hip, extend L fwd and up and wave handkerchief ; scissors R-L (cts 1-2); hop on L with R extended fwd close to floor (ct 3); hop on L (ct 4); step R fwd (ct 5)
- 3 Hop on R as L extends fwd close to floor (ct 1); leap onto L slightly fwd (ct 2); hop L, 2 times (cts 3-4); leap R in place (ct 5)
- 4 Leap across R, face slightly diag R (ct 1); hop on R 3 times, with L extended fwd (cts 2-4); small leap on L bkwd (ct 5)
- 5-7 Repeat meas 2-4

(Sherry's note: Part II may also be done holding hands throughout)

Repeat Part II to end, with
Ending step: Scissors R-L, step with both feet together.

Presented by Sherry Cochran, DCFE 2020

