

Vlasto Petkovski Dance Notes
Florida Folk Dance Council, Inc.
Winter Workshop 2019

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Kumanovsko Oro

Dance from Kumanovo Region – Macedonia

Instructor : Vlasto Petkovski

Dance Notes : Stefania Miller

Source: Ljubco Manevski, Macedonia

Open Circle

Arms W

11/8 Count qqSq~~q~~ or 12345

1. R (1), L (2), RL (3,4) very quick bloop bloop, R (5)

2. R (1), L (2), R & L lift (3,4), R (5)

Facing Centre:

3. R back & L steps in place (1,2), R forward taps toe & lifts (3,4), R down & L up on spot (5)

4. L down & R up (1), R down & L up (2), both R & L hop forward together (3), L steps back & R up (4), R down & L up (5)

5. L down & R up (1), R down & L up (2), L down & R circles out & small hop on L while R circles (3,4), R down & L up (5)

6. L down & R up (1), R down & L up (2), R & L hop forward together (3), R steps back & L up (4), L down & R up (5)

Repeat 3, 4, 5, 6

MakedonskoStaro Oro (Macedonian Old Song)

Arms: Shoulder Hold or W- Long intro (16 count)

A. Instrumental 1st Melody (Count of 16)

LOD: R (1) L(2) StepR and hitch L behind R knee (3&4) StepL and hitchR behind L knee (5&6)R (7) L (8)

FACING CENTRE
In-Place: Step R and Lift L (1&2) small Plié on R and Lift L again(3&4)Step L and LiftR (5&6), small Plié on L and Lift R again (7&8)

Repeat A 4 times in all or until music changes

B. 2nd Melody (Count of 8)

To LOD: R to Right, Step L to Right (1-2); Into Centre: L R(**Armsdown**)(3-4);Out of Centre: LR (5-6) RLOD: L to Left side,R to Left Side(1-8)

Repeat B 4 times in all

* C. Variation on A in LOD except start **with step hitches** (Count of 14) ?

REPEAT B 4 TIMES IN ALL

D. **End Music LOD Arms V:** Step R, Across with L, Step hop, Step hop (1-6)

MomeMitro (Macedonian Folk Song)

Arms: V 2/4

A: VocalLOD: Grapevine for 4 counts (start Step R, Step L across), Step R and Lift L (5&6), Step L and Lift R (7&8)**Repeat A 4 times in all**

B: InstrumentalLOD: R (1) L (2) RLR (3&4) LRL (5&6) Leap on R and Lift L (7&8)

RLOD: L (1) R (2), LRL (3&4) RLR (turning toward LOD) (5&6),hop on R raising L knee and Kerplunk on Left (swinging R heel bkwd) (7-8)

Repeat B 2 Times in all

LOD:

* STEP R, ~~FOR~~ TOUCH WITH L BESIDE R, STEP L TOUCH WITH R BESIDE L

LOD: R(1) L(2)

IN PLACE FACING CENTRE REPEAT FROM A

Libe Licno (Macedonian Folk Song)

Instructor : Vlasto Petkovski

Dance Notes : Stefania Miller

Vocal Arms V : LOD: RLR (1&2), LRL (3&4); Into centre R with L behind R knee (5&), L with R behind L (6&); Out of Centre R (7&), L (8&)

Instrumental Arms W : Into Centre : RLR, LRL, Full turn 360 in CW (i.e. to R) for four counts (hands on hips)

Staro Bitolsko Oro

Instructor : Vlasto Petkovski

Dance Notes : Stefania Miller

Open Circle

Arms W

Count: 1,2,3,4,

LOD: 1 Touch R step R,L,R; Touch L Step L, R,L;

2. Repeat

RLOD CW (While facing LOD): Repeat 1 above

Back out of Circle: Repeat 1 above

During the six-measure phrase in music (change in violin pitch?)
individual full turn CW in six measures starting with 1 above

Devojko Mori Devojko

(Macedonia)

This dance is presented by Vlasto Petkovski. It is from the Kumanovo Region of North East Macedonia.

Instructor : **Vlasto Petkovski**

Music: 11/8 meter (counted SQQQQ or 3-2-2-2-2)

Formation: Lines facing CCW, leader at the right end

Notes by: Judy Silver, Toronto, Canada

	Measure	Pattern
Introduction	1 - 8	No action
Part A	9 – 12	Facing & moving CCW, step R, hop on R, L, R. L. Repeat 3X.
Part B	13 – 14	Facing CCW but moving CW (RLOD) back up with: Step R, hop on right swinging left foot up and around behind the right foot, Step R, hop on left swinging right foot up and around behind the left foot, step R. Repeat with reverse footwork.
	15 – 16	Repeat measures 13 – 14.
Part A	17 – 20	Repeat measures 9 – 12.
Part C	21 – 24	Facing CCW but moving CW (RLOD) back up with: Step R, hop on right swinging left foot up and around behind the right foot, Step R, hop on left swinging right foot up and around behind the left foot, step R. Step L with emphasis lifting right knee, R, L, R, L. Repeat.

Sadila Jana

Macedonian Folk Song

Origin : Macedonia

Source : Vlasto Petkovski

Formation : Open circle, hands down V

Notation : Stefania Miller

Rhythm : 2/4

Intro: Instrumental,

Start with Vocal

Part A Vocal Arms Down V: LOD Step hop R (1-2), Step hop L (3-4), Step R, Step L, Step hop R (5-8) Step hop (9-10), running steps R and L end to face centre (11-12)

Part B Vocal: Into Centre (this part is repeated twice):

Running steps R and L, Leap R Bringing L leg behind R Knee – arms coming up sharply in W (1-4); Back out of Centre – arms come down: L, R, In-Place: Three step hops (1-8)

Repeat B 9-16

Part C: Instrumental Music Arms Down

LOD: Step R, Step L Behind R (repeat) In-Place 3 Step lifts (10)

RLOD: Step L, Step R Behind L, In Place 2 Step lifts (6)

RLOD: Step L, Step R Behind L, In-Place Three Step lifts (8)

Sirto

No Notes

Odeno oro

Macedonian Folk Dance from Central Macedonia

Instructor : Vlasto Petkovski

Source : Pece Atanasovski

Meter : 2/4

Line dance, hands in W-position.

- 1 1- Facing to the R, step forward on R foot (1), step forward on L
2 foot (2).
- 2 1- Facing center, step on R foot to R (1), close L foot to R foot (&),
2 step on R foot to R (2).
- 3 1- Step backward on L foot (1), step backward on R foot (2).
2
- 4 1- Step on L foot next to R foot (1), step on R foot in place (&), step
2 on L foot in place, turning to face R (2).

HIFDC 34th Anniversary Party Dances: 26 January 2018

Instructor: VlastoPetkovski

Video: Karolina Petkovski

Cue Dance Notes: Stefania Szlek Miller (see video for styling).

Neveno mori Neveno (Macedonian Folk Song)

A. Vocal Arms: V

LOD: Grapevine for 6 counts (start Step R, Step L behind), Step R and Lift L (7&8)

RLOD: Grapevine for 6 counts (start Step L, Step R across) Step L and Lift R (7&8)

Into Centre: Four steps In (RLRL) In-Place: Step lift, Step Lift (5-8)

Out of Centre: Four steps Out (RLRL) In-Place: Step Lift, Step Lift (5-8)

B. Vocal Arms: V

In-Place Centred: RLR (1&2 qqs), LRL (3&4) Step R and Lift L with low sweep of Left ft behind R knee (5&6) Leap onto L and step R (7-8)

Repeat B with opposite direction and footwork

C. Instrumental Arms UP W

LOD: [**Wt on L**] Lift R then step R; Lift L then step L; Lift R then step R; (count 1-6)
Lift L and kick L twice (7&8)

RLOD (but facing LOD): L(1)R(2)**In-Place Centred**: Step Together
& bounce (3&4) Cross Step w R to Left (Arms Down) Step back on L (Arms UP) (5-6), LOD: R (7) L (8)

Repeat C (twice in all)

Romska Gajda

Roma Dance, Skopje – Macedonia

Instructor : Vlasto Petkovski

Dance Notes : Stefania Miller

Meter : 4/4

Source: Ljubco Manevski (Ensemble Tanec, Macedonia)

- A. LOD (Arms W): R,L, (1,2) RLR (3&4), LRL (5&6), Step R Lift L (7&8)
- B. Drop Hands -Individual facing Circle:i) Left ft fwd(1) with L arm out, back with R (2), Inplace LRL (3&4); ii) repeat with opposite ftwkand arm mvt; iii) repeat Bi

Variation on A: end with RLR rather than step lift

Variation B Individual: Left Hand over eyes, Right hand back

Left ft fwd: touch R back, touch R In-place; touch R to left, touch R to right, Step Rand lift L

Ovcepolška Potrculka

Instructor : Vlasto Petkovski

Meter: 2/4

Source : Pece Atanasovski

Formation: Open circle, hands down in V position.

Introduction: 12 bars

Part 1: Basic

Bar 1: Čukče on L (ah), Step on R in LOD (1), Step on L in LOD (2)

Bar 2: repeat bar 1

Bar 3: Step R (1), L (&), R (2) in LOD

Bar 4: Bloobloop: Step on ball of L (ah), Step on R on LOD (1). Then Leap on L in LOD (2)

Bar 5: Step on R, with a deep knee bend, to the diagonal R in LOD (1), čukče on R swinging L foot through (2)

Bar 6: repeat bar 5 with opposite footwork

Bar 7: Turn to face center, step R to R (1), Lift L in front, with a čukče on the R (2)

Bar 8: facing center, Step L to L (1), Cross R over L (2)

Bar 9: Step L to L (1), Step on R behind L (2)

Bar 10: Step on L to L, arms swing back (1), Hop on L, lifting R in front, arms swing forward (2)

Bar 11: repeat bar 10 with opposite footwork

Bar 12: repeat bar 10

Part 2: Hold

Bars 1-10, repeat bars 1-10 of Part 1

Bar 11: Leap on R to R, lifting L in front (1) pause (2)

Bar 12: Bloobloop LR in place (ah,1), Step L across in front of L (2)

Staro Zensko Krsteno Oro

(Bitola Region, Macedonia)

Instructor : Vlasto Petkovski

Meter : 4/4

Source: Ljubco Manevski (Ensemble Tanec), Macedonia

Open circle

Arms W

Count: 1&2&3&4& OR 1,2,3,4,

LOD 1-4: Leap L across R, Step R (**Count 1&**); Repeat for four times in all.

In-Place facing Centre:

5-6: step L fwd, Step back on R lifting L behind R, Step L in place(count 5&6&)

RLOD: 7-8: Leap R across L, Step L; Repeat Twice in all

In-Place facing Centre:

9-10: step R fwd, Step back on L lifting R behind L, Step R in place

11-12: step L fwd, Step back on R lifting L behind R, Step L in place

13-14: Repeat 9-10 above

(Note: There may be extra steps to complete 16 count)

Sadilo mome

Macedonian folk song

Origin : Macedonia

Source : Vlasto Petkovski

Formation : Open circle, hands down V

Notation : Judy Silver

Rhythm: 7/16

This is synthesis of 2 dances - Sadilo mome (step 1) and Tropnalo oro (steps 2 & 3)

Step 1

Traveling in line of direction (LOD) & backing up in QQS rhythm. Hop L, step R; step L; repeat.

Turning to go forward in LOD, run in QQS rhythm: RLR LRL

Side R to right side; slide L to centre; slide R out of centre.

Traveling in reverse line of direction (RLOD) & facing centre, hop R, step L, step R; repeat.

In place, step L, hop L while lifting R in front, step R, hop R while lifting L in front, step L, hop L, while lifting R in front.

Step 2

Traveling in LOD, hop L, step R; repeat.

Run in QQS rhythm: RLR, LRL

Step R, hop R, step L, hop L

Run in QQS rhythm: RLR, LRL

Step 3

Traveling in LOD, hop L, step R, step L; repeat.

Step R, step L heel, step R.

Traveling in reverse line of direction (RLOD) & facing centre, hop R, step L, step R.

Step L to left, hop L while kicking R forward, step R in front of left, L in place, R in place (prance)

Hop R & swing L around to face LOD. Step L.

Oro Se Vie Kraj Manastirot

No Notes

Germanceto

Instructor: Vlasto Petkovski

Dance Notes : Stefania Miller

Source: Snezana Balkanska (Ensemble Tanec)

Open circle

Arms W

Count 1+2+3+4+ OR 1,2,3,4,

A. LOD: Step fwd with R, rock back w L, fwd with R (1&2)

Repeat with opposite ftwk (3&4), R (5) L (6) RLR (7&8)

RLOD: Repeat A. with opposite footwork

B. LOD Six walking steps (1-6) RLR (7&8)

RLOD: L,R, LRL (1-4)

C. Fast melody (Arms Down?): LOD: R step hop, L step hop, R,L,R hop

RLOD: Repeat with opposite ftwk (to check)

Ratka

9/8 QQQS

Count 123 45 (small cukce on count 3 in travel sequence; QQQqq in bloopbloop sequence)

A. **Vocal** Arms V: LOD: RLRL; RLR touch L; LRLR; LRL touch R. Repeat A twice in all

B. Vocal 2nd Melody

LOD: Arms V: (Weight on L) Small Sweep with R to R then Step Right in LOD, Small sweep with L to L then step L in LOD LOD: RLR touch L - TURNING TO THE CENTRE

Into Centre: LRL touch R Arms UP in W Out of Centre: RLR touch L Arms come down in V

Repeat B with reverse direction and footwork (i.e. start with sweep L . . .)

C. Instrumental Variation on A

- i) LOD Arms V: RLR (123) LR (v quick bloopbloops); LRL RL;
- ii) repeat Ci
- iii) Into centre: RLR LR (bloopbloop) Arms Up Out of Centre: LRLR Arms Come Down

Libe Licno (Macedonian folk song)

Vocal Arms V: LOD: RLR (1&2), LRL (3&4); Into centre R with L behind R knee (5&), L with R behind L (6&); Out of Centre R (7&), L (8&)

Instrumental Arms W: Into Centre: RLR, LRL, Full Turn 360 in CW (i.e. to R) for four counts (hands on hips)