

OVČEPOLSKA POTRČULKA

Macedonia

This dance is from the Ovčepole ("sheep field") region in central Macedonia, located between Sveti Nikola and Štip, southeast of Skopje. It is danced especially around St Nikola.

Source: As learned by Tom Deering from Pece Atanasovski at his camp in Oteševo Macedonia, 1976.

Rhythm: 2/4

Recording: JUGOTON LPY-50985

Formation: Men and women in mixed lines, hands joined down.

Steps: **ČUKČE:** Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat.

<u>Meas</u>	<u>Ct</u>	<u>BASIC FIGURE</u>
1	1	Facing and moving Right and with a ČUKČE in L before the beat
	2	Step fwd onto R
2	1	Step forward onto L
	2	REPEAT meas. 1
3	1	Two quick Running steps forward (R, L)
	2	Step on R
4	1	Two quick Running steps forward (L, R)
	2	Slight Leap onto L in preparation for the next step
5	1	Step forward onto R in front of L, bending both knees deeply
	2	Continue movement straightening R leg and bringing L leg through
6		REPEAT meas. 5 with opposite footwork adding a small ČUKČE on L at the end
7	1	Step slightly forward onto R, turning to face center and lifting L leg
	2	ČUKČE on R keeping L leg raised.
8	1	Step on L to L
	2	Step on R to in front of L
9	1	Step on L to L
	2	Step on R to behind L, bringing arms slightly forward, bent at elbow.
10	1	Step on L in place, lifting R on front of L, swinging arms down and back
	2	Hop on L letting arms come slightly forward, bent at elbow.
11		REPEAT meas. 10 with opposite footwork
12		REPEAT meas. 10
 <u>Variation I</u>		
1-10		Same as Basic Figure
11	1	Step on R in place, lifting R on front of L, swinging arms down and back
	2	Hop on R bringing L leg sharply across in front of R shin, (arms down)
12	1	Before the beat, a quick Step on ball of L foot in front and slightly L
	2	Turning to face R, Step on R in place
	2	Facing and moving R, Leap forward onto L