

## PRAVOTO ORO

Macedonia

Source: As learned by Tom Deering from Pece Atanasovski, at his camp in Oteševo Macedonia, 1976. Pravoto is from central to southern Macedonia

Rhythm: 2/4

Recording: Jugoton LPY-V-780 - Bitola Babam Bitola (Narodno Oro)

Formation: Mixed or segregated lines with arms in shoulder hold. Leader signals step changes at any time. Variations 3, 4, & 5 are usually followed immediately with Variation 2 (turns) then the basic figure.

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### Meas Ct BASIC FIGURE

1-2 1 Facing slightly and moving R, take four walking steps R, L, R, L

3 1 Facing center, **Step** on R ft in place  
2 **Lift** L leg so L ft is in front of R shin (men lift so that L thigh is parallel with floor)

4 1 **Step** on L ft in place  
2 **Lift** R leg so R ft is in front of L shin

### VARIATION 1 - Turns

1-2 Using the same footwork as the basic figure, make two CCW turns moving with the line, ending in shoulder hold.

3-4 REPEAT meas. 3-4, Basic figure

### VARIATION 2 - Squats

1-2 REPEAT meas. 1-2, Basic figure or Variation 1

3 1 Facing center, **Step** on R ft and **Squat** on both feet in place  
2 Rise to standing with weight on R ft while **Lifting** L leg so L ft is high in front of R leg

4 REPEAT meas. 3 with opposite footwork

### VARIATION 3 - Knees

1-2 REPEAT meas. 1-2, Basic figure or Variation 1

3 1 Facing R, **Step** forward on R ft, bending knees so the L knee is almost touching the floor. Left thigh should be nearly vertical.  
2 **Pause**, holding position

4 1 Keeping knees bent and without picking up feet, **Turn** to face left so the R knee is nearly touching the floor  
2 **Pause**, holding position. Rise to standing at the end of the count.

### VARIATION 4 - Leg Out

1-2 REPEAT meas. 1-2, Basic figure or Variation 1

3 1 Facing R, **Squat** on R ft, extending L leg along floor to R  
2 **Pause**, holding position

4 1 Keeping squat position, **Turn** to knees to L bringing L ft under body and transferring weight to L ft  
2 **Pause**, holding position. Rise to standing at the end of the count.

Dance Description by Tom Deering

Presented by Tom Deering