<u>STUPANO ORO</u> Macedonia

Postupano is from the Skopje area and is one of the classic Macedonian men's

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

Macedonia, 1976.

dances.

13/16 counted: Quick, Quick, Quick, Slow, Quick, Quick Rhythm:

3 2/16 + 2/16 + 2/16 + 3/16 + 2/16 + 2/16

JUGOTON LPY-50985, or any Postupano of reasonable tempo. Recording:

Formation: Men and Women in separate lines, men in shoulder hold, women in "W"

hold. Leader signals step changes at any time. When the men do the squat variation, the women continue the "fast basic." (Squats are

definitely optional).

Step Note:

ČUKČE: Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat. When a lift is involved, usually the lifted leg is already up and in place when the čukče is executed.

<u>Meas</u>	<u>Ct</u>	BASIC FIGURE
1	1 2 3 4	With R lifted in front, ČUKČE on L Step in place onto R (keep weight on ball of R) Lift L high in front of R, following a slightly circular path Hold
2 3 4 5	1-2 3 4 5-6	Flex R knee and ankle Down and Up . L stays in position. REPEAT meas. 1 with opposite footwork. REPEAT meas. 1 REPEAT meas. 1 with opposite footwork. Turning to face slightly R, ČUKČE on L, lifting and keeping R high Moving to R, Step on R ČUKČE on R, bringing L high in front Step forward onto L, bringing R around high to face center

REPEAT the basic figure for as long as desired

Note: The transition between variations takes place at the beginning of the "travelling" measure of the previous variation (the 5th measure of the basic figure). The descriptions of the variations will start with this measure.

VARIATION 1 - Swinging Right Foot

- Facing slightly and moving R, Hop on L, swinging R up and across in 1 1 front of L knee
 - 2 Step on ball of R in place
 - Step on L across in front of R 3
 - 4-6
- REPEAT cts. 1-3
 REPEAT meas. 1-4 of the basic figure 2 - 5

VARIATION 2 - Faster, With Hops

Turning to face slightly R, Hop on L, lifting and keeping R high 1 1-2 3

Moving to R, Step on R

- Hop on R, bringing L high in front 4
- Step forward onto L, bringing R around high to face center Facing center and with R raised on front, Hop on L
- 2
- 5-6 1 2 3 **Hop** again on L keeping R raised (R foot moves slightly R)
- Leap onto R in place and slightly right
 Leap onto L slightly forward
 Leap back onto R in place
 - 4
 - **REPEAT** meas. 2 with opposite footwork.
- REPEAT meas. 2

3

4 5 REPEAT meas. 2 with opposite footwork.

> **REPEAT** this variation until the end of the dance (except for interspersed squat variations)

<u>VARIATION 3 - Squats and Turns (Men only, when called by the leader)</u> Meas Ct

When this variation is called, drop shoulder hold and face right along the line. Arms should swing freely.

1-2 Facing and moving R, Hop on L, lifting R high 1

Step forward on K

- 4 **Hop** on R bring L past R high
 - **Step** quickly onto ball of L foot beside R
- 6 **Step** forward onto R
- 2 1-2 Large Step forward onto L
 - Step onto R beside L, sharing weight
 - 4
 - 5
 - Hold, standing in place
 Squat in place
 Come Up from squat, weight on both feet
- With each measure, take cts 1-4 to turn once in place, then squat and 3 - 5up on cts 5-6. The turns alternate direction with each measure, starting L (3 in all). The turns can be done two different ways. Do them how they are most comfortable for you:

Quick turn

- Jump into the air making a complete 360 degree turn, landing on both feet in place. For a Left turn, start with your L arm about 8" in front of your chest and your R arm down to the R and slightly behind. During the turn, bring both hands to just in front of your chest. The arms end 1 up in the reverse of the starting position (L arm down, R arm in front of chest)
- 2-4 Hold

<u>Slower Turn</u>

- For a Left turn, Hop on R foot, turning 180 degrees L, bringing L foot 1 up in back
- Hop on R again, continuing to turn to face original direction, landing 2 with weight on both feet.
- 3-4 Hold