

## POTRČANO (Потрчано)

Macedonia

A brisk dance from Skopje, the capitol of Macedonia. The name means "hurrying."

Source: As learned by Tom Deering from Atanas Kolarovski.

Rhythm: 7/16 counted: Slow, Quick, Quick (1,2 3)  
sometimes: Slow, Quick-quick (1 & 2)

Recording: Folkraft LP-15

Formation: Danced in mixed lines holding hands down with the leader on the right. The dance should start with the melodic phrase. When doing the men's variations, the men drop hands then rejoin the line as the movement allows. The men may continue to do the basic step between variations without rejoining hands, or rejoining into a men-only line. When the men are doing their variations, the women dance as individuals with hands on hips, keeping the formation of the line, or form a women-only line.

---

<u>Meas</u>	<u>Ct</u>	<u>BASIC STEP</u>
1		With weight on L, <b>Hop-Step-Step</b> (L, R-L) in LOD
2		Another <b>Hop-Step-Step</b> (L, R-L) in LOD
3		<b>Running Two-step</b> (R, L, R) with a slight leap on count 1 of the measure
4		Another <b>Running Two-step</b> (L, R-L)
5	1	Turning to face center, <b>Leap</b> onto R <u>in place</u> , lifting L in front of R
	& 2	<b>Hop</b> on R in place keeping L lifted
6	1	Turning to face L, <b>Hop</b> on R in place again with L still lifted
	&	<b>Step</b> on L in place
	2	<b>Step</b> on R strongly across in front of L
7	1	Turning to face center, <b>Hop</b> on R
	&	<b>Step</b> on L sideways to L
	2	<b>Step</b> on R next to L
8	1	Facing center, <b>Leap</b> onto L in place, quickly lifting L in front of R
	& 2	<b>Hop</b> on L in place keeping L lifted
9		REPEAT measure 8 with opposite footwork
10		REPEAT measure 8, turning slightly to R at the end as a transition back into the beginning of the dance (note the two hops, end + beginning)

For all the variations, do measures 1-7 of the Basic Step above.

VARIATION (This very quick step can be thought of as "Touch-Step, Switch")

8	+	Just before the beat, <b>Touch</b> L toe in front of R, making sure that the L foot takes weight for a brief moment and the R foot leaves the ground
foot	1	<b>Step</b> on ball of R in place, initiating a high leap in place with the L
	2	<b>Leap</b> onto L in place raising R up next to L leg ("Switch" lifted leg)
9		REPEAT measure 8 with opposite footwork
10		REPEAT measure 8, turning slightly to R at the end

VARIATION - Turns (men)

8-10	1	Let go of hands and plant <b>Both</b> feet in place about 4 inches apart
	2	Leap in place onto the R, <b>Turning</b> to the L one complete turn in place (Leap onto L in the last measure, leaving R free to begin the dance.)

VARIATION - Squats (men)

8	1	Let go of hands and <b>Squat</b> on both feet in place
	2	Partially rise <b>Up</b> on L, bringing R foot up in front of L shin. Bring L forearm up low in front of chest (right arm stays down at side).
9		REPEAT measure 8 with opposite footwork
10		REPEAT measure 8, turning slightly to R at the end

For an especially athletic variation, the turns can be added to the squats.