POVRATENO (Повратено)
Macedonia

A "turning," "repeating," or "forward and back" dance from the Vardar Valley, central Macedonia.

Source: Researched and taught many years ago by Dick Crum.

Rhythm: 2/4

Recording: Folkdancer MH 3040
             Folkraft LP-15

Formation: Originally danced by men only, with hands on shoulders. When danced in
             mixed lines, hold hands at shoulder height until the music speeds up,
             then the hands are lowered. The leader is on the right and can signal
             the step changes, although Povrateno is most commonly done repeating
             the three variations twice each.

Meas	Ct	**VARIATION I – BASIC DANCE**
		Start with weight on L, R leg raised
1	1	Facing slightly and moving R, **Lift** on L keeping R leg raised
	2	**Step** forward (LOD) onto R, bringing L leg through
2	1	**Lift** on R keeping L leg raised
	2	**Step** forward onto L, bringing R leg through
3	1	**Lift** on L keeping R leg raised
	2	**Step** forward onto R
4	1	Turning to face center, **Step** slightly forward onto L
		Step back into place onto R, beginning to raise L leg in front
5-8		REPEAT measures 1-4 with opposite footwork and direction

VARIATION II – TWO-STEPS

Meas	Ct	
1	1	Facing slightly and moving R, **Lift** on L keeping R leg raised
	2&	**Two-step** (R, L) forward (LOD)
2	1	**Step** forward onto R
	2&	**Two-step** (L, R) forward
3	1	**Step** forward onto L
	2	**Step** forward onto R
4	1	Turning to face center, **Step** slightly forward onto L
		Step back into place onto R, beginning to raise L leg in front
5-8		REPEAT measures 1-4 with opposite footwork and direction

VARIATION III – TURNS

Repeat Variation II, releasing hands and turning one full turn clockwise throughout measures 2 and 3, starting with the two-step in measure 1.
When hands or shoulders are released, the hands should stay up, above shoulder level.

Note: As the music speeds up you can add energy by changing the lifts to small
      hops. Alternatively, you can continue doing the same step variations, just
      making the steps smaller (this is how old or tired dancers can also enjoy the
      fast music).

Dance description by Tom Deering

Presented by Tom Deering