

Berovsko za Ramo

(Macedonia)

This dance is from Berovo, a region of E. Macedonia. The dance has been seen on occasions such as holidays, saints days, weddings and name days. The dance is typical of the area with many knee flexes and bounces. The movements are similar to those of Ratevka and Berovka. The name means "dance from Barovsk in shoulder hold" ("za ramo" means holding hands on shoulders).

Pronunciation:

Record: AK014 Side A/3

4/4 meter

Formation: In "T" pos for M, "V" for W or mixed lines.

Style: Throughout dance, change all lifts to bounces or small hops.

Meas

Pattern

1-4 INTRODUCTION. No action.

PART 1.

- 1 Facing and moving CCW, lift on L (ct ah); step on R fwd (ct 1); step on L fwd (ct 2); step on R fwd (ct 3); lift on R, raise L knee to side of R (ct 4).
- 2 Step on L fwd (ct 1); step on R fwd (ct 2); step on L fwd (ct &); step on R fwd and face ctr (ct 3); čukče on R, raise L knee in front (ct 4).
- 3 Step on L to L (ct 1); lift on L (ct 2); step on R in front of L (ct &); step on L to L (ct 3); čukče on L, raise R knee in front (ct 4).
- 4 Step on R to R (ct 1); čukče on R, raise L knee in front (ct 2); three steps L,R,L in place (cts 3,&,4) and face LOD.
- 5-24 Repeat meas 1-4 five more times.

PART 2.

- 1 Facing and moving LOD, 3 steps fwd R,L,R (cts 1,2,&); 3 steps fwd L,R,L (cts 3,4,&).
- 2 Step on R fwd and face ctr (ct 1); step on L next to R (ct 2); step on R in place (ct &); step on L twd ctr (ct 3); close R to L (ct 4); step on L in place (ct &).
- 3 Step on R back (ct 1); step on L next to R (ct 2); step on R in place (ct &); step on L to L (ct 3); lift on L (ct 4); step on R across L (ct &).
- 4+1/2 Step on L to L (ct 1); čukče on L, raise R knee in front (ct 2); step on R to R (ct 3); čukče on R, raise L knee in front (ct 4); step on L in place (ct 5); step on R next to L (ct &); step on L in place and face LOD (ct 6).
- 4 1/2-9 Repeat meas 1-4 1/2.

PART 3.

- 1 Facing and moving LOD, lift on L (ct 1); step on R fwd (ct &); step on L fwd (ct 2); three steps fwd R,L,R (cts 3,4,&).
- 2 Three steps fwd L,R,L (cts 1,2,&); step on R fwd and face ctr (ct 3); čukče on R, raise L knee in front (ct 4).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-6 Repeat meas 1-2.
- 7 Step on L to L (ct 1); lift on L (ct 2); step on R across L (ct &); step on L to L (ct 3); čukče on L, raise knee in front (ct 4).
- 8 Step on R to R (ct 1); čukče on R, raise L knee in front (ct 2); step on L in place (ct 3); step on R next to L (ct &); step on L in place and face LOD (ct 4).

Berovsko za Ramo (continued)

- PART 4.**
1 Repeat Part 3, meas 1.
2 Three steps L,R,L fwd (cts 1,2,&); step on R fwd and face ctr (ct 3); step on L behind R (ct 4); step on R to R (ct &).
3-4 Repeat Part 3, meas 7-8).
5-12 Repeat meas 1-4 two more times.

Presented by Atanas Kolarovski