

GORNO SELSKO
(Macedonia)

A dance from the Demirhissar region of Macedonia which is performed at all festive occasions.

Pronunciation:

Record: AK-003, Side 2, Band 1. 12/16 meter:

Rhythm: 1,2,3-1,2-1,2-1,2,3-1,2; counted as 1, 2, 3, 4, 5.; or Slow- Quick-Quick-Slow-Quick.

Formation: Mixed lines of M and W; hands in "W pos", or if M dance alone, hands on neighbors' shoulders.

Meas

Pattern

Part I (Slow)

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| 1 | Travelling in LOD, lift on L, raising R knee (ct <u>1</u>); step on R (ct 2); hold (ct 3); step fwd on L (ct <u>4</u>); step fwd on R (ct 5). |
| 2 | Continuing in LOD, step on L (ct <u>1</u>); step on R, turning to face ctr (ct 2); hold (ct 3); step on L crossing in front of R (ct <u>4</u>); step in place on R (ct 5). |
| 3 | Lift on R with a low lift of L leg (ct <u>1</u>); place L beside R with a light bounce (ct 2); bounce on both ft again, wt on L (ct 3); step on R crossing in front of L (ct <u>4</u>); step on L in place (ct 5). |
| 4 | Repeat action of meas 3, with opp ftwk. |
| 5-8 | Repeat action of meas 1-4, with opp ftwk. |

Part II (Fast)

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| 1 | Travelling in LOD, lift on L, raising R knee high (ct <u>1</u>); step on R (ct 2); hold (ct 3); step on L (ct <u>4</u>); step on R beside L (ct &); step sharply on L (a "down movement") (ct 5). |
| 2 | Continuing in LOD, lift on L (ct <u>1</u>); step on R facing ctr (ct 2); hold (ct 3); step on L crossing in front of R (ct <u>4</u>); step sharply up on R in place (ct &); step sharply down on L in front of R (ct 5). |
| 3 | Step back on R (ct <u>1</u>); close L to R and bounce on both ft (ct 2); bounce again, wt on L (ct 3); step on R crossing in front of L, then step up on L and down on R (cts 4, &, 5). |
| 4 | Step back in place on L (ct 1); place R to R, wt on both ft (ct 2); raise L behind R (ct 3); skip on R (ct &); in LOD step on L to L (ct <u>4</u>); step on R crossing in front of L (ct 5). |
| 5-8 | In LOD repeat action of meas 1-4, Part II, with opp ftwk. |

Presented by Atanas Kolarovski

Adapted from notes by
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