

MAKEDONSKIH SPLET

(Macedonia)

Typical of dances from the area of the Vardar Valley. Danced at festive occasions.

Formation: Broken circle, hands joined and held at shoulder height.

Music: Record: Radio Televizije (RTB) LPV 175 "Pamir". A-1  
7/16 meter - 1, 2, 3

<u>Meas</u>	<u>Pattern</u>
6	Introduction
	<u>PART I</u>
1	Facing ctr, moving LOD, step R ( <u>ct 1</u> ). Step L behind R (cts 2, 3).
2	Step R, L knee bent and lifted in front of R ( <u>ct 1</u> ). Hold (cts 2, 3).
3	Facing ctr, step L crossed in front of R, R knee bent ( <u>ct 1</u> ). Step R close to L, moving slightly to R side (LOD), ( <u>ct uh</u> ). Step L crossed in front of R ( <u>ct 2</u> ). Hold ( <u>ct 3</u> ).
4--30	Repeat action of meas 1-3, nine more times.
	<u>PART II</u>
1	Moving LOD, step fwd R ( <u>ct 1</u> ). Lift on R, L knee bent and lifted in front of R (cts 2, 3).
2	Moving LOD, step L ( <u>ct 1</u> ). Step R close to L ( <u>ct uh</u> ). Step L (cts 2, 3).
3	Repeat action of meas 1.
4	Repeat action of meas 1, reversing ftwork.
5	Facing ctr, step sdwd on R ( <u>ct 1</u> ). Step L crossed behind R (cts 2, 3).
6	Facing ctr, step R to R side ( <u>ct 1</u> ). Lift on R, L knee bent and lifted in front of R (cts 2, 3).
7	Facing ctr, but moving in LOD, step L crossed in front of R ( <u>ct 1</u> ). Close R to L ( <u>ct 2</u> ). Step fwd L ( <u>ct 3</u> ).
8	Facing ctr and moving fwd, step fwd R crossed in front of L ( <u>ct 1</u> ). Step bkwd L (cts 2, 3).
9	Facing ctr, step bkwd R ( <u>ct 1</u> ). Lift on R, L knee bent and lifted in front of R (cts 2, 3).
10-12	Repeat action of meas 7-9, but move fwd twd ctr on meas 7.
13	Step sdwd L and sway L, keeping R ft in place ( <u>ct 1</u> ). Bend and straighten L knee (cts 2, 3).
14	Sway twd R, keeping L ft in place ( <u>ct 1</u> ). Bend and straighten R knee (cts 2, 3).
15	Sway twd L, keeping R ft in place ( <u>ct 1</u> ). Bend and straighten L knee (cts 2, 3).
16	Sway R ( <u>ct 1</u> ). Sway L (cts 2, 3).
1-16	Repeat Part II once more.
	<u>PART III</u>
1	Moving LOD, step R ( <u>ct 1</u> ). Step L ( <u>ct 2</u> ). Step R ( <u>ct 3</u> ).
2	Repeat action of meas 1, beg L.
3	Facing ctr, step R ( <u>ct 1</u> ). Raise and lower L in front (cts 2, 3).
4	Repeat meas 3, beg L.
5	Repeat meas 3.

MAKEDONSKIH SPLET (Continued)

- 6 Moving RLOD, step L (ct 1). Hop L (ct 2). Step R (ct 3).  
7 Step L in place (ct 1). Raise and lower L heel, R knee bent and lifted  
in front of L (cts 2, 3).  
8 Step R in place (ct 1). Raise and lower R heel, L knee bent and lifted  
in front of R (cts 2, 3).  
9 Repeat meas 8, beg L.

Repeat action of meas 1-9 to end of music.

Presented by Atanas Kolarovski