

MARIOVSKA TRESENICA

(Macedonia)

A dance for women. "Tresi" means to shake. Dance depicts spring cleaning of all things in preparation for pre-Easter fasting. From the region of Mariova.

Formation: Broken circle of women. Hand position described for each Part.

Music: Record: Radio Televizije (RTB) LPV 175 "Tanec". B-3. 2/4 meter

MeasPattern

4

Introduction

PART I Hands up, elbows bent at shoulder height - no hands joined.

1

Facing and moving in LOD, step R, L (cts 1,2).

2

Step fwd on R (ct 1). Raise and lower R heel, lifting L ft bkwd, knee bent (ct 2).

3-4

Repeat action of meas 1-2, beg L.

5-8

Repeat action of meas 1-4.

PART II Hands on hips, palms against hips, fingers pointed behind and downward.

1

Facing LOD, but moving RLOD, step back on R (ct 1). Raising and lowering R heel twice, move L ft out and around behind R (cts 2, &).

2

Repeat action of meas 1, Part II, beg L.

3-4

Repeat action of meas 1-2.

PART III

1-8

Repeat action of meas 1-8, Part I, shaking hands up and down twice to R side on meas 2, to L side on meas 4, R side on meas 6, L side on meas 8.

PART IV Hands joined and held down

1

Facing ctr, moving in LOD, hop on L (ct 1), step R (ct &). Step L (ct 2).

2-4

Repeat action of meas 1, three more times.

5

Lift on L, thrust R leg out to R side, knee straight (ct 1). Step on R beside L, thrusting L leg out to L side, knee straight (ct 2).

6

Repeat thrusting actions, stepping L R L (cts 1, &, 2).

7

Jump with R ft crossed in front of and close to L (ct 1). Leap onto R in place, lifting L ft bkwd with knee bent (ct 2).

8

Step in place L R L (cts 1, &, 2).

Repeat action of meas 5-8 until end of music.

Presented by Atanas Kolarovski