

METKALISTETO
(Macedonia)

Bora Gajicki danced this as part of a Macedonia choreography as an amateur dancer in the 1950's.

Pronunciation:

Music: BK 576. 7/8 meter (3+2+2)

Formation: Line or broken circle.

<u>meas</u>	<u>ct</u>	<u>Pattern</u>
<u>STEP I.</u>		
1	1	Facing ctr of circle, step with R to the R, lift L.
2&3		Hold pos.
	1	Touch floor with L toes in front of R ft.
	2	Hold pos.
	1	Hold pos.
	2	Hold pos.
2		Repeat action of meas 1 with opp ftwk and direction.
3	1	With body turning half to the R, step with R in LOD, lift L.
	2	Bring L behind R, step on it, lift R.
	3	Hold pos.
	1	Step with R in LOD, lift L.
	2	Hold pos.
	1&2	Hold pos.
4	1	Step with L in LOD, lift R.
	2	Bring R behind L, step on it, lift L.
	3	Hold pos.
	1	Step with L in LOD, lift R.
	2	Hold pos.
	1&2	Hold pos.
<u>STEP II.</u>		
1	1	Facing ctr of circle, step with R fwd, lift L.
	2	Step with L to the R, crossing behind R, lift R.
	3	Hold pos.
	1	Bring R beside L, place wt on it, lift L.
	2	Hold pos.
	1&2	Hold pos.
2		Repeat action of meas 1, (Step II), with opp ftwk and direction.
3&4		Repeat action of meas 1 and 2 (Step II).
<u>STEP III.</u>		
1	1	With body turning half to the R, lift on L, step on R, lift L, moving in LOD.
	2	Bring L beside R, step on L, lift R.
	3	Hold pos.

METKALISTETO (continued)

- 1 Step on R, lift L.
- 2 Hold pos.
- 1&2 Hold pos.

- 2 Repeat action of meas 1 (Step III).

- 3 1 Step with R fwd (bending R knee), lift L.
2 Hold pos.
3 Hold pos.
1&2 Hold pos.
1&2 Hold pos.

- 4 1 Step with L fwd (bending L knee), lift R.
2 Hold pos.
3 Hold pos.
1&2 Hold pos.
1&2 Hold pos.

- 5 1 Step with R fwd, lift L.
2 Bring L beside R, place wt on L.
3 Hold pos.
1 Step on R, lift L.
2 Hold pos.
1&2 Hold pos.

- 6 1 Step with L fwd, lift R.
2 Bring R beside L, place wt on R, lift L.
3 Hold pos.
1 Step on L, lift R.
2 Hold pos.
1&2 Hold pos.

- 7 1 Facing ctr of circle, step with R fwd, lift L.
2 Bring L behind R, step on it, lift R.
3 Hold pos.
1 Bring R beside L, place wt on R, lift L.
2 Hold pos.
1&2 Hold pos.

- 8 1 Step on L, lift R.
2 Hold pos.
3 Hold pos.
1 Bounce on L.
2 Hold pos.
1&2 Hold pos.

Repeat action of meas 1-8 (Step III).

Presented by Bora Gajicki