




SADILO MOME -- Macedonia (Vardar Valley)
 (Line dance, no ptrs)












Translation: A Girl Was Planting.

Music: Record: Folkraft LP-25, side A, band 4. The rhythm is 7/16 () counted 1-and-ah, 2-and, 3-and, or "slow quick quick".

very similar to Berseke steps (rhythm diff)

Starting Position: "V" pos. R ft free.

Steps: TWO-STEP (R) in 7/16 meter: () Step on R ft (cts 1-and). Close and step on L ft in place beside R (ct "ah"). Step on R ft (cts 2-3).
 STEP-HOP (L) in 7/16 meter (): Step on L ft (ct 1), hop on L ft (cts 2-3).

| Measures | Pattern |
|--|---|
| 1  | Facing slightly and moving R, HOP-STEP (hop on L and step on R) fwd (cts 1-and). Step fwd on L ft (cts 2-3). |
| 2  | REPEAT pattern of meas 1. |
| 3-4  | Continuing, 2 TWO-STEPS (R, L) fwd (cts 1-uh-2, 1-uh-2). |
| 5  | Turning to face ctr, a long low step sdwd R on R ft, bending R knee. |
| 6  | A long low step fwd on L ft (ct 1). Close R ft to L without touching (cts 2-3). |
| 7  | Step bkwd on R ft (ct 1), Close and touch L ft in front of R toe (cts 2-3). |
| 8  | Hop sdwd L on R ft (cts 1-and), A small step sdwd L on L ft (ct "ah"), Cross and step on R ft in back of L (cts 2-3). |
| 9  | Repeat pattern of meas 8. |
| 10  | STEP-HOP (L) in place, bending and raising R knee slightly. |
| 11  | Leap onto R ft in place, bending and raising L knee high (ct 1). Pause (cts 2-3). |
| 12  | Three quick steps (L, R, L) in place (ct 1-ah-2). |

Presented by Dennis Boxell

Dance description by Dennis Boxell and Rickey Holden. Abbreviations used to conform to U.O.P. syllabus format.