

**CD1, No12 CD4 ("SHETALA SE"), No8
Bairacheto**

This dance is from Kostur region, Macedonia. It is a female dance. Palm hold with bent elbows The meter is 8/8+5/8. The Bairacheto-dance has 2 figures in 2 measures.

Starting position: The dancers stand in a semi-circle facing the center.

First figure:

First measure : 8/8+5/8

On "one" – cros step on L foot in front of the R- with turning the body to the right
On "two" – step on R- to the L- with turning the heels of the both of the feet to the right
On "three" – turning the heels of the both of the feet to the right

At "one" - cros step on L foot in front of the R- with turning the body to the right
At "two" – small hop on L-

Second measure : 8/8+5/8

On "one" – step on R foot forward facing center
On "two" – small hop on R-
On "three" – step on L in place

At "one" – hop on both of the feet
At "two" – small hop on R foot (L-is in a flexion with knee pointed the land)

This figure is performed several times up to the leader's decision.

Second figure:

First measure : 8/8+5/8

On "one" – two small quick steps on R foot and on L foot to the R
On "two" – step on R- to the right
On "three" – step on L- to the right

At "one" - step on R- to the right
At "two" – step on L- to the right

Second measure : 8/8+5/8

On "one" – step on R foot forward facing center
On "two" – small hop on R-
On "three" – step on L in place

At "one" – hop on both of the feet
At "two" – small hop on R foot (L-is in a flexion with knee pointed the land)

This figure is performed also several times up to the leader's decision.