

Osogovka

(Macedonia)

This is a men's dance from Kočani, north-eastern Macedonia. It is a popular performance dance with the Tanec and Lado ensembles of the former Yugoslavia. Source: Pece Atanosovski, Kefe Ilievski, Lado.

Pronunciation: oh-soh-GOHV-kah

Music: 1999 Camp Tape

Rhythm: 11/16, counted as 1 2 3 4 5.

Formation:

Meas

Pattern

4 meas

INTRODUCTION

VARIATION I

- 1 Facing ctr, touch L ft fwd (cts 1,2); lift on R, bringing L ft to side and around in back (ct 3); step bkwd on L behind R ft (cts 4,5).
- 2 Facing slightly R of ctr, on the quick beat (uh) before ct 1, step fwd on ball of R ft (ct uh); step fwd on L crossing in front (ct 1,2); lift on L, bringing R knee up and in front (ct 3); step fwd on R (cts 4,5).
- 3 Hitch-hop fwd on L (cts 1,2); lift on L and bring R knee up and in front (ct 3); step on R to R turning to face ctr (cts 4,5).

VARIATION II

- 1-2 Repeat Var I, meas 1-2.
- 3 Leap fwd slightly onto L on quick beat (uh or ker) before ct 1 (ct uh); step fwd on R (ct 1); leap fwd onto L (cts 3,4,5).

VARIATION III

- 1 Touch L ft fwd (cts 1,2); extend L ft fwd with ft slightly off the ground (ct 3); sharp-scissor L ft back and R ft fwd (cts 4,5). There is a "cat-like" tension with the knees slightly bent during this step.
- 2-3 Repeat Var II, meas 2-3 with sharp ftwk.

VARIATION IV

- 1 Touch L ft fwd (ct 1,2); extend L ft fwd with ft slightly off the ground (ct 3); jump onto both ft (shldr-width apart) in place (cts 4,5).
- 2 Jump again onto both ft (shldr-width apart) in place (cts 1,2); hop on L slightly to R and lift R (knee bent) sharply across and in front of L knee (ct 3); keep L ft on the ground (partial wt) and step fwd on R with bent knee (wt is kept over ctr)(cts 4,5).
- 3 Bring L ft to R (displace) on ct uh before ct 1 (ct uh); step fwd on R (cts 1,2); leap onto L in front of R (ct 3); step fwd on R (cts 4,5).

Continued.

VARIATION V

- 1 Repeat Var I, meas 1.
- 2-3 Facing ctr and dancing in place, repeat Var II, meas 2-3 but lift knees up high and twist-cross knees in front of supporting leg.

Presented by Stephen Kotansky

Paula 2007

Continued