

Osogovsko na tri pati

(Eastern part of Macedonia, the region around the town of Koani)

Osogovsko na tri pati (ohs-SOH-gohv-skoh nah TREE pah-tee) is a member of a very popular family of dances in East-Macedonia, known under the name of "Potrulka." The music to all these dances is in an even measure (2/4 or 4/4), but the steps often have the rhythm of QQS (1,&,2 or 1,2,3,hold). This dance was presented by Paul Mulders at the 2005 Stockton Folk Dance Camp.

CD: PAMUK CD 1104/06, Band 7 2/4 meter

Formation: Longways, duple minor.

Formation: Mixed open circle, hands in V-pos (also possible in X-pos. = "na pojas"); Wt on L, face RLOD.

Styling: Jumpy, but connected to the earth.

Meas	2/2 meter	Pattern
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8 meas INTRODUCTION

BASIC STEP

- 1 In LOD moving bkwd, hop on L (ct 1); step on R (ct &); step on L behind R (ct 2).
- 2 Repeat meas 1 (turn to face LOD).
- 3 Facing and moving LOD, step on R (ct 1); hop on R, swinging L ft fwd (ct 2).
- 4 Step on L (ct 1); step on R (ct &); step on L (ct 2).
- 5 Facing ctr, step on R to R (ct 1); hop on R, swinging L ft fwd (ct 2).
- 6 Still facing ctr, jump onto both ft together (ct 1); step on R (ct 2).
- 7 Repeat meas 6.
- 8 Step on L to L (ct 1); hop on L, swinging R ft fwd (ct 2).
- 9 Step on R in place (ct 1); hop on R, swinging L ft fwd (ct 2).
- 10 Step on L in place (ct 1); hop on L, swinging R ft fwd (turn to face RLOD) (ct 2).

Dance repeats from meas 1.

Remark: In meas 6 and 7 one can add a double bouncing on both feet (cts 1,&,2).