

Žensko Makedonsko  
aka Makedonsko Oro  
Macedonia

Pronunciation: ZEHN-skoh Mah-KEH-dohn-skoh oh-ROH

Source: Barry Glass as presented at Stockton Folk Dance Camp in 1972. This dance was choreographed for performance, presumably by the AMAN Folk Ensemble. Joan originally learned it from members of the Hoolyehs (performance group in Corvallis, OR.)

Music: FR-4101B

Rhythm: 9/16 Danced as SSSqS

Formation: Line of women facing front with joined hands held forward and slightly up in a strong W position. There is a lot of time spent on one leg, so balance assistance from your neighbors is necessary.

Styling: Feet remain low to the ground. Supporting knee bends slightly on each beat. Feet point forwards and pull back before taking weight (as in a scissor) with each weight change in Fig 1.

Meas.        Pattern

Introduction 1 measure of drum beats; Dance begins with the melody.

Fig 1        Slow part – does not travel  
1        With weight on R foot and torso bent slightly and looking down throughout, extend and point the left in front (S), move the left continuously in a low arc to the back of R ankle – to side (S), to back (S); bend R knee (q) and step on Left.  
2        Step on R (S), step L in place bringing head up and straightening torso (S), weight remains on L while right foot extends in front (S), entire R leg rotates clockwise to raise inside of heel (q), Step on R in place as left extends (S).  
3        With weight on R, left extends and heel rotates (S), step on L (S), weight remains on L while right foot extends in front (S), entire right leg rotates clockwise to raise inside of heel (q), Step on R in place as left extends (S).  
Repeat measures 1-3.

Figure 1 is done a total of 6 times. The music changes to the fast tempo.

Žensko Makedonsko, cont.

- Fig 2           Fast step, scissors – slight forward/back movement but does NOT travel.
- 1               Repeat measure 1 of fig. 1. This ends with stepping on L – which begins the scissors.  
(Option for the rest of Fig. 2: to drop hands, placing L hand o hip, R hand extended up and fwd, waving handkerchief. May also continue dance with hands joined as in Fig. 1.)
- 2               Scissor onto R (S), scissor onto L (S), hop on L with right foot extended (S); hop on L (Q), step R forward (S).
- 3               Hop on R extending left foot (S), leap onto L slightly fwd (S), hop on L (S) and again hop on L (Q), leap slightly forward on R (S).
- 4               Leap fwd on L facing diagonal right (may flick handkerchief over head )(S), leap back to place on R (S), hop on R (S), hop again on R with left foot extended(Q), Leap back on Left extending right foot (S).

Repeat measures 2-4.

Fig 2 is done until the music ends.

Ending step: scissor R and L; step together lifting onto the balls of the feet, hold, and slowly lower to full foot.