

Narodno Oro

Macedonia

A variation on the *Pravoto* type of dance popular throughout Macedonia and known under various names. The music used here is a tune made popular by the late dancer and gajda player, Pece Atanasovski.

Pronunciation: NAH-rohd-noh OH-roh

Meter: 2/4

Style: Light, bouncy steps

Formation: Mixed open circle or line, face Right of centre, weight on Left. Hands joined in "W" position.

Introduction: Slow gajda. Start dance with drums.

Figure 1: Basic

- 1 Moving LOD, step on R (ct 1), step on L (ct 2)
- 2 Repeat measure 1
- 3 Turn to face centre and step on R slightly Right (ct 1)
Raise L foot, bending knee (ct 2)
- 4 Still facing centre, step on L next to R (ct 1). Raise R ft, bending knee (ct 2)
- 5 Still facing centre, step on R next to L (ct 1). Raise L ft, bending knee (ct 2)
- 6 Turn to face slightly RLOD (i.e. reverse line of direction or left) and step on L (ct 1),
then step on R across L (ct 2)
- 7 Facing centre, step on L to L (ct 1), then step on R behind L (ct 2)
- 8 Still facing centre, step on L next to R (ct 1). Raise R ft, bending knee (ct 2)

Figure 2: Basic with "two-step"

- 1 Facing LOD, step forward on R (ct 1), close L behind R (ct &), step on R (ct 2)
- 2 Repeat measure 1 but starting with L
- 3-8 Repeat Figure 1 measures 3-8

Figure 3: "Two-step" with turn

- 1-2 Repeat Figure 2 measures 1-2, making a half-turn individually (CW) on each two-step
Note: This is like in the dance *Povrateno*
- 3-8 Repeat Figure 1 measures 3-8

Figure 4: Fast part

Note: When music gets faster, hands go down to "V" position. Figures 1-3 can be danced with lighter and smaller steps. Leader may perform fancy steps and squats on measures 3-5.

Leader can call changes of figures at will.