

PROŠETA SE JOVKA KUMANOVKA (Macedonia)

This dance is a simple 10 measure *Krsteno*-type (crossing) which is also known as *Kumanovka* and *Prošetala Jovka Kumanovka*.

Pronunciation: PROH-sheh-tah sey YOHV-kuh koo-man-OHV-kuh

Recording: Workshop CD

Formation: Open circle with "W" or T (shoulder) hold

Music: 7/8 J. JJ

Dancer's Beat: 1 2 or slow-Slower

Meas:

- 1 Facing slightly R of center, Step Rft fwd (ct 1); Step Lft fwd (cts 2);
- 2 Step Rft fwd (ct 1); bounce slightly on Rft and lift Lft up and fwd (ct 2);
- 3 Step Lft fwd and begin to turn to face center (ct 1); bounce slightly on Lft and lift Rft up and fwd (ct 2);
- 4 Facing ctr, Step Rft to R (ct 1); bounce slightly on Rft and lift Lft up and fwd (ct 2);
- 5 Step Lft slightly to L (ct 1); Step Rft across and in front of Lft (ct 2);
- 6 Step Lft slightly to L (ct 1); bounce slightly on Lft and lift Rft up and in front (ct 2);
- 7-8 Reverse action (ftwk and direction) of meas 5-6;
- 9-10 Repeat action of meas 5-6.

Note: During bounce/lifts the free knee is bent and raised up in front as high as parallel to the ground (depending on gender and energy level). Also, the "crossing" motif may be done in place or moving slightly side to side. Also, during some versions of this song there is a "suspension" (*ritardando*) at the end of the first verse (meas 10 above) during which I slowly bring the Rft around and behind the L knee/ankle.

Turning Variation

As demonstrated on the DVD, turning is possible in meas 7, and in meas 9 as follows:

Meas:

- 7 Step Rft to R turning to R (ct 1); Step Lft across Rft continuing turn to R (ct 2);
- 8 Step Rft to R ending facing ctr (ct 1); bounce slightly on Rft and lift Lft up and in front (ct 2);
- 9-10 Reverse action (ftwk and direction) of meas 7-8;

Presented by Stephen Kotansky