

Raspukala Sar Planina

Macedonian Circle Dance (2006)

Choreographer: *Ira Weisburd*

Song: Raspukala Sar Planina

Goran Alachki musical arrangement.

Formation: Face Center. Hands– W Position.

Introduction: 16 counts.



I was asked to choreograph this dance by Goran Alachki World famous accordionist from Macedonia

There was an avalanche on Šar Planina (a mountain range NW of Skopje) and three shepherds were buried alive. The mountain burst or cracked and covered up three shepherds. The first shepherd pleads, *Let me go, Šar Planina. I have a wife who will mourn me.* The second shepherd pleads, *Let me go, Šar Planina. I have a sister who will mourn me.* The third shepherd pleads, *Let me go, Šar Planina. I have a mother who will mourn me.* The mountain answers: *The wife will mourn until midday.. The sister will mourn until she leaves home.. The mother will mourn unto the grave".*

Part I. (STEP R TO R, STEP FORWARD L, THEN R; WALK L FORWARD, STEP FORWARD R THEN L; STEP R TO R, LIFT L, HOLD; STEP L BEHIND R, HOLD, STEP R TO R, STEP L OVER R)

- 1-3 Walk to R (S-Q-Q): Step R to R, Step L over R, Step R to R
- 4-6 Walk to R (S-Q-Q): Step L over R, hold, Step R to R, Step L over R
- 7-9 Step R to R, Lift L, hold
- 10-12 Step back w/L¹, hold, Step R to R, Cross step w/L³ over R
- 13-24 **REPEAT Part I.** (Counts 1-12).

Part II. (STEP R TO R, LIFT L, STEP L OVER R; STEP R TO R, LIFT L, HOLD; HOOK L BEHIND R, STEP L BEHIND R, STEP R TO R; STEP L ACROSS R, LIFT R, HOLD)

- 1-3 Step R to R, Lift L, Step L across R
- 4-6 Step R to R, Lift L, hold
- 7-9 Hook L behind R, Step back onto L², Step R to R³
- 10-12 Step w/ L across R, Lift R over L, hold
- 13-15 R Pas de Basque- Step R to R, Step L across R, Recover back onto R
- 16-18 L Pas de Basque—Step L to L, Step R across L, Recover back onto L
- 19-30 **REPEAT Part II.** (Counts 1-12).

REPEAT Part II. (Counts 1-30)

TAG. (MAKE A FULL TURN R IN 2 STEPS: R, HOLD, L)

- 1-3 Step R to R making 1/2 turn R, hold, Step L over R making another 1/2 turn R)

Part III. (FACING CCW: STEP FORWARD ON R, RECOVER BACK ON L, STEP FORWARD ON R; WALK FORWARD L,R,L; STEP R TO R, BOUNCE 2X TO R; STEP L TO L, BOUNCE 2X TO L; STEP R TO R, LIFT L, STEP L BEHIND R; R PAS DE BASQUE, L PAS DE BASQUE; TAG above)

- 1-3 Make 1/4 turn to R to face CCW: Stepping forward on R, Recover back onto L, Step forward on R
- 4-6 Walk forward L,R,L
- 7-9 (Facing Center) Lean R to R, Bounce, Bounce
- 10-12 Lean L to L, Bounce, Bounce
- 13-15 Step on R to R, Lift L behind R, Step L behind R
- 16-18 R Pas De Basque: Step R to R, Step L across R, Recover back onto R
- 19-21 L Pas De Basque: Step L to L, Step R across L, Recover back onto L
- 22-24 Full Turn R (in 2 steps) R, hold, L

REPEAT Part III.

REPEAT DANCE.