

Bufčansko - Macedonia

Dance introduced by: Atanas Kolarovski

Formation: Open circle

Starting arm position: W-Position

Meter: 4/4

Steps used:

Measure Count Step

Part I

- | | | |
|-----|-----|---|
| 1 | 1-4 | Facing center, step back on L foot (1), close R foot to L foot (2), step forward on L foot (3), pivot 1/4 turn to face L (4). |
| 2 | 1-4 | Step backward on R foot (1), step backward on L foot (2), step backward on R foot (3), pivot 1/2 turn through center to face R (4). |
| 3 | 1-4 | Step forward on L foot (1), step forward on R foot (2), step forward on L foot (3), pivot 1/4 turn to face center (4). |
| 4 | 1-4 | Step on R foot to R (1), bounce on both feet (2), close L foot to R foot (3), bounce on both feet and shift weight to R foot (4). |
| 5-8 | | Repeat measures 1-4. |

Part II

- | | | |
|-----|-----|--|
| 1 | 1-4 | Facing center, step back on L foot (1), close R foot to L foot (2), step forward on L foot (3), start swinging L foot over R foot (4). |
| 2 | 1-4 | Step on R foot across L foot (1), step on L foot to L (2), step on R foot across L foot (3), start to swing L foot across R foot (4). |
| 3 | 1-4 | Step on L foot across R foot (1), step on R foot to R (2), step on L foot across R foot (3), hold (4). |
| 4 | 1-4 | Step on R foot to R (1), bounce on both feet (2), close L foot to R foot (3), bounce on both feet and shift weight to R foot (4). |
| 5-8 | | Repeat measures 1-4. |