

# Bufsko

A popular dance with Macedonians in the Detroit and Windsor area.

Rhythm: SQQSQ

The meter for this can vary. It is often approximately 17/16 (10/16+7/16), with pulses parceled out like 4-3-3 + 4-3 to form the dancer beats. Or, 16/16 (9/16+7/16), with dancer's beats 4-2-3 + 4+3. You can also find 15/16: 3-2-3 + 4-3

Formation: line, arms in "W" position, leader on the right.

Begin with weight on L

<i>Meas.</i>	<i>Dancer beat</i>	<i>Facing</i>	<i>Action</i>
1	S	facing center	lift on L
	Q		bounce on L
	Q		step on R to R to begin traveling in LOD
	S		traveling LOD, step on L behind R
	Q	turning to R of ctr	step forward on R
2	S		step forward on L
	Q		small bounce on L
	Q		step forward on R
	S		step on L across in front of R
	Q	turn to face center	step on R in place
3	S	facing center	lift on R
	Q		bounce on R
	Q		moving slightly back, step back on L
	S		step back on R (or cross in front of L)
	Q		step on L in place

There are innumerable variations. A few of them are:

Turns: single or double CW turns during meas. 1 & 2.

"Bloop-bloops", in meas. 3:

3	S	facing center	moving slightly back, two quick steps: L and R
	Q		moving slightly back, step back on L
	Q		Pause
	S		step back on R (or cross in front of L)

	S	facing center	moving slightly back, two quick steps: L and R
	Q		step on L in place

A variation on this is to make a counterclockwise turn during the complete measure.

Arm raise during meas. 3:

3	S	facing center	lift on R
	Q		bounce on R
	Q		moving slightly back, step back on L
	S	(leader can turn to face down the line)	With straight leg, touch R behind, while simultaneously raising straight arms up and forward a little.
	Q		hold

Leader pairs off with second dancer, meas. 2&3:

2	S	begin a CCW turn to L	step toward center on L
	Q	continuing turn	small bounce on L
	Q	continuing turn	step forward on R
	S	continuing turn	step forward on L, dropping hands
	Q	continuing turn	step forward on R
3	S	continuing turn	two quick steps: L and R
	Q	continuing turn	step forward on L, joining R hand with second dancer's R hand
	Q		hold
	S	completing turn, facing R of center	step forward on R
	Q		step behind R on L

At the end, both dancers are facing R of center, The first two dancers can continue dancing in this way as long as desired. The leader can return to the lead by doing the basic dance with larger steps to move ahead of the second dancer, dropping hands and making a clockwise turn during meas. 1&2, then rejoining hands and continuing with basic.

As Ricky Holden remarked: "This dance is worthy of study at every level".