

CHESTO VARIATIONS

BASIC STEPS (CTS 1-4) CHESTO

R, L fwd (cts1,2), usually small steps

R fwd, small step (ct 3), hold (ct 4) **OR** R (3) L (&) R(4)

STEPS 9 –12

R bk (9), lift L (10), L bk (11), Lift R (12) (Note: stylistic variation: Lifts can be straight legged and high, especially ct 12, often lift diag to l

“CHESTO”

R bk (9), L next to R (&), R (10) L tap (&); L (11), R next to L (&) L(12), R tap (&)

Note: Body position, amount of knee lifts, syncopation of steps and taps, etc depend on individual dancer

VARIATION 1

- 5 L fwd
- 6 R sl fwd (diag behind L)
- 7 Snap L & R together
- 8 L bk

VARIATION 1A

- 5 L fwd
- 6 R fwd (L & R apart)
- 7 Hold
- 8 Snap L & R together
- 9 R bk

VARIATION 2

- 5 Swing L up and in front
- 6 Hold OR slight pump of L down and up
- 7 Swing L bk
- 8 L bk

VARIATION 2A

- 3 Swing R up and in front
- 4 Step R (fwd)
- 5-8 as Variation 2 above

VARIATION 3

- 5 L fwd
- 6 Bring R up & fwd, straight legged, (pivoting L to l)
- 7 Snap close R next to L, (displacing L)
- 8 L bk

VARIATION 4

- 3 Bring R up & (sl r) fwd, straight legged, immediately snap close next to L
- 4 Hold
- 5 Bring L up & (sl l) fwd, straight legged, immediately snap close next to R (no weight taken)
- 6 Hold
- 7 Bring L up & fwd in reverse bicycle movement
- 8 L bk

VARIATION 5

- 1 – 2 Same as 3 – 4 Variation 4 above (except, no weight taken)
- 3 – 4 Same as 3 – 4 Variation 4 above
- 5 – 8 Same as 5 – 8 Variation 4 above

SQUATS

- 9 R bk
- 10 Bring L up, (reverse bicycle movement)
- 11 L bk, continue movement into squat
- 12 Squat
- 1 Rise, R (fwd), usually with stamp
- 2 L fwd, usually with stamp
- 3 R fwd OR Stamp R fwd (&), R fwd (3)

LEFT & SQUAT

- 1 – 4 Execute steps 1 – 4 of basic Duziko to the left
- 5 Cross L over and in front of R
- 6 R to r
- 7 Hold
- 8 L bk
- 9 – 12; 1 – 2 Same as Squat above

RIHTOS

- 1 – 4 R,L,R,L all fwd
- 4 – 12 Same as Duziko basic

The **Chesto** variations can alternate with the basic **Duz(i)ko** steps depending on how the music is played. **Chesto** variations are not executed during the singing of the lyrics but are added when the musicians change to a more agitated musical interlude or refrain. The Squats and Left with Squat are executed during a specific musical phrase. Traditionally women did not execute the **Chesto** variations but could, in the same dance circle, execute the **Duzko** steps (basic or triplet variation) more lively. If the music calls for it, at times, a group of men could break away from the main dance circle and form a separate straight line within the dance circle space and execute “**Na Miasto**”, variations done “in place”, several of which could extend beyond the 12 ct pattern. (not described here)