

ZENSKO BERANČE **Zensko Beranche** *macedonian*

History

This is a Macedonian womens' dance. I learnt this dance from Laura Shannon.

Rhythm

The music is in 12/8 time, split into 3-2-2-3-2 or **1-2-3-4-5** where the bold numbers show a longer beat. Remember that the last step is quick!

Steps

In a line, arms in a W hold, facing right.

Step forward with the **left** foot. Touch the right beside the left and swivel to face centre. Step on the right beside the left and swivel to face right again. Step forward with the **left** foot, then lift the right and turn to face centre.

Step forwards with the right foot, then lift the left foot beside the right. Step back with the left foot, then rise with the right. Finally point the left foot to the left side, but be ready to turn right to start the sequence again.

Music

Beranche from **Dances of Macedonia and the Balkans** by Adam Good.

Bajrache from **Macedonia Dances** by Marem Aliev.

Beranche from **Macedonian Folk Music** by Tsrvena Kniga.

Thoughts

Being sharply on the beat is essential for getting the most from this dance, most especially going from the last to the first step in the sequence.

With the two swivels at the start, if you keep the movement bouncy there is less weight on the feet and it's easier to turn.

Dance description by Andy Bettis 11/2002