

From the Pelagonia region. The dance may take its name from the fact that at the end of the dance, the women drop hands ("pustat racete") and dance individually. The rhythm is 12/16 which we will indicate as follows:



In general, Macedonian music is not played with a religious respect for the rhythm; this music in particular has a very flexible, hesitating beat. The dance is much like Kucano.

Open circle of women. Face center. Hands are joined and held forwards at shoulder level. Wait any number of measures after the music starts. Then:

Introduction

Measure Beat

- | | |
|-----|---|
| 1-3 | Wait |
| 4 | Step diagonally forward to R on L ft |
| | [Body bends slightly forward from waist and twists to R. L foot is not quite in front of R] |
| 5 | Step R in place |
| | [Straighten body] |

Figure I

- | | | | |
|---|---|--------------------------------------|---|
| I | 1 | Small čukče on R | [Free L is raised from ground, knee bent, and slightly forward of R.] |
| | 2 | čukče on R | [Free L is held in air by R, or step (no weight) on L by R] |
| | 3 | Step or shift weight onto L by R | |
| | 4 | Step on R diagonally forward to left | [Body bends forward and twists to L. R foot is not quite in front of L] |
| | 5 | Step onto L in place | [Straighten body] |

II Reverse footwork of J

III Same as I

- | | | | |
|----|---|---|--|
| IV | 1 | Small čukče on L | [Face R of center. R is bent at knee and raised in front.] |
| | 2 | Small čukče on L | |
| | 3 | Step R forward (RLOD) | |
| | 4 | Step L in place | |
| | 5 | Leap onto R, just slightly forward, (RLOD). This is in preparation for, and flows smoothly into, the next step. | |

- 1 Step forward on L with both knees considerably bent [R foot is still on the ground, and the body is "sitting"]
- 2 Smoothly straighten L knee [Body naturally rises. Free R foot is moved forward. R knee is bent, and R leg is by L calf]
- 3 Step forward on R (RLOD)
- 4 Step forward onto L and somewhat towards center.
- 5 Step back (out of circle) on R, turning to face center.

An optional decoration: the lead girl may move across in front of the second girl, moving parallel to her and facing the same direction, with the right hands joined and extended to the side. (The rest of the line has dropped hands as already described.) The transition into or out of this position is done during measure V.

Figure II

At the leader's signal, drop hands. Place hands somewhat forward on hips, fingers pointing back and palms out. The leader continues to hold her right arm in the air, upper arm parallel to the ground with the elbow bent at a right angle so the forearm sticks up.

The transition to figure II takes place between measures IV and V.

Measure Beat

- | | | |
|-----|---|--|
| I | 1 | Face LLOD. Hop in R in place. [L knee is forward and bent. L foot is raised behind.] |
| | 2 | Hop on R in place |
| | 3 | Step L by R [L foot and body are turned CW to face a bit L of center, instead of LLOD] |
| | 4 | Step R by L [Turn CW so that R foot and body face considerably R of center.] |
| | 5 | Step L by R [Face RLOD.] |
| II | | Reverse of I, turning back from RLOD to LLOD |
| III | | Similar to I, but moving RLOD while still facing LLOD |
| | 1 | Hop on R. (Detail as in I above) |
| | 2 | Hop on R, moving backwards (RLOD) |
| | 3 | Step back on L (moving RLOD) (Turn as in I-6) |
| | 4 | Step R to R (moving RLOD) (Turn as in I-8) |
| | 5 | Step L forward (moving RLOD) (Turn to face RLOD) |

- IV Same as measure IV of figure I

Žensko Pušteno, continued

- V 1-2 Same as beats 1-2 of measure V of figure I
- 3 Step forward on R
- [R foot and body are turned CCW
 to face a bit R of center, in-
 stead of RLOD]
- 4 Step L by R [Turn CCW so that L foot and body
 face L of center]
- 5 Step R by L [Face LLOD]