

## Žensko Pušteno (Macedonia)

Source: Pece Atanasovski, Institute at Otesevo. Dance is from Pelagonija.

Pronunciation:

Record: LP AMAN-103

12/8 meter

Musically in 12/8 meter, the dance is counted in 5 with slight on cts 1 and 4.

Formation: Woman's line, hands joined in "W" pos.

### Meas

### Pattern

### INTRODUCTION.

#### SLOW STEP.

- 1 With wt on R, lift L leg(ct 1); wt still on R, place L to side (ct 2); shift wt to L (ct 3); step fwd on R (ct 4); shift wt to L (ct 5).
- 2-3 Repeat meas 1 moving R, then L.
- 4 Turning slightly R with wt on L, lift R leg (ct 1); touch R ft to front and side (ct 2); put wt on R (ct 3); step on L behind R (ct 4); leap onto R (ct 5).
- 5 Step on L in front of R (ct 1); lift on L (ct 2); step sdwd on R (ct 3); step on L in front of R (ct 4); step on R in place (ct 5).
- 6-10 Repeat meas 1-5.

When music gets fast, step changes. Hands move to hips, wrists to waist, fingers back.

#### FAST STEP.

- 1 Facing CW, hop twice on R (cts 1,2); step L,R,L in place turning to face CCW (cts 3,4,5).
- 2 Repeat meas 1 hopping on L and turning CW.
- 3 Hop twice on R (cts 1,2); step on L behind R (ct 3); leap to R on R (ct 4); step on L in front of R (ct 5).
- 4-5 Repeat meas 4-5 of Slow Step.

Repeat Fast Step to end of dance.

Presented by Barry Glass