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ZENSKO PUŠTENŌ
 (Macedonia)

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. 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.

Pronunciation: ZHEN-skoh POOSH-teh-noh

Music: RTB - LP 1394

12/16 meter

Rhythm: 12/16



Formation: Open circle of women. Face ctr. Hands joined and held fwd at shldr level. Wait any number of meas after the music starts. Then:

Meas Cts

Pattern

INTRODUCTION.

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|---|----------|---|
| | 1-3 | Wait |
| | <u>4</u> | Step diag fwd to R on L ft. Body bends slightly fwd from waist and twists to R. L ft is not quite in front of R. |
| | 5 | Step R in place. Straighten body. |
| | | <u>Fig. I</u> |
| 1 | <u>1</u> | Small čukče on R. Free L is raised from ground, knee bent, and slightly fwd of R. |
| | 2 | Čukče on R. Free L is held in air by R, or step (no wt) on L by R. |
| | 3 | Step or shift wt onto L by R. |
| | <u>4</u> | Step on R diag fwd to L. Body bends fwd and twists to L. R ft is not quite in front of L. |
| | 5 | Step onto L in place. (Straighten body). |
| 2 | | Repeat meas 1 with opp ftwk. |
| 3 | | Repeat meas 1. |
| 4 | <u>1</u> | Small čukče on L. Face R of ctr, R is bent at knee and raised in front. |
| | 2 | Small čukče on L. |
| | 3 | Step R fwd (LOD). |
| | <u>4</u> | Step L in place. |
| | <u>5</u> | Leap onto R, just slightly fwd (LOD). This is in preparation for, and flows smoothly into, the next step. |
| 5 | <u>1</u> | Step fwd on L with both knees considerably bent. R ft is still on the ground, and the body is "sitting." |
| | 2 | Smoothly straighten L knee. Body naturally rises. Free R ft is moved fwd. R knee is bent, and R leg is by L calf. |
| | 3 | Step fwd on R (LOD). |
| | 4 | Step fwd on L and somewhat twd ctr. |
| | 5 | Step back (out of circle) on R, turning to face ctr. |

ŽENSKO PUSTENO (cont'd)

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 R 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 meas 5.

Fig II

At the leader's signal, drop hands. Place hands somewhat fwd on hips, fingers pointing back and palms out. The leader continues to hold her R 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 Fig II takes place between meas 4 and 5.

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| 1 | <u>1</u> | Face RLOD. Hop on R in place. L knee is fwd and bent. L ft is raised behind. |
| | 2 | Hop on R in place. |
| | 3 | Step L by R. L ft and body are turned CW to face a bit L of ctr, instead of RLOD. |
| | <u>4</u> | Step R by L. Turn CW so that R ft and body face considerably R of ctr. |
| | 5 | Step L by R. (Face LOD). |
| 2 | | Repeat meas 1 with opp ftwk, turning back from LOD to RLOD. |
| 3 | | Similar to meas 1, but moving LOD while still facing RLOD. |
| | <u>1</u> | Hop on R. Detail as in meas 1. |
| | <u>2</u> | Hop on R, moving bkwd (LOD). |
| | 3 | Step back on L, moving LOD, turning as in meas 1, ct 3. |
| | <u>4</u> | Step R to R, moving LOD, turning as in meas 1, ct 4. |
| | <u>5</u> | Step L fwd, moving LOD (Turn to face LOD). |
| 4 | | Repeat meas 4 of Fig I. |
| 5 | <u>1-2</u> | Repeat cts 1-2 of meas 5 of Fig I. |
| | <u>3</u> | Step fwd on R. R ft and body are turned CCW to face a bit R of ctr, instead of LOD. |
| | <u>4</u> | Step L by R. Turn CCW so that L ft and body face L of ctr. |
| | <u>5</u> | Step R by L. Face RLOD. |

Original notes by Robert Leibman
 Edited somewhat to fit
 Syllabus format

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