

ЏАМЏЕТО
[chahm-che-to]
(Macedonia)

Source: Anatol Joukowsky

Record: XOP@ 304 Metre: 7/8 Rhythm: slow part SQQ;
fast part QQS

Style: The knees bend freely. The men take larger steps and make bigger knee-movements than the women. The slow part is slow and deliberate. The fast step is danced with plenty of bend and lift in each step. The music slows slightly halfway through the fast part: be careful not to get ahead of it.

Formation: Separate lines for men and women. Shoulder-hold; women often join hands at shoulder-level instead.

The dance

<u>Bar</u>	<u>Slow part</u>
1	Step with RF in front of LF, lifting LF behind the right knee, and bend the right knee twice in time with the music to give some bounce to the step
2	Step back on LF, lifting RF in front
3	Rise onto the left toe and raise RF higher
4	Step with RF to the right, then step with LF behind RF
5	Step with RF to the side and bounce slightly twice
6	Step with LF behind RF
7	Lift RF behind the left knee with a slight circling motion, rising on the left toe
8	Step forward with RF, then lift LF high in front, rising on the right toe
9	Step forward with LF and bounce slightly twice, lifting RF behind the left ankle
10	Step back with RF, then lift LF in front
11	Swing LF round behind the right knee, rising on the right toe
12	Step forward with LF, then lift RF high in front, rising on the left toe. → and to L

Repeat all this until the break in the music. The break consists of three bars of fast music: start the fast step on the first beat of the melody after the break. The fast part is essentially the same as the slow part in double time with "corners rounded off." Each bar can be thought of as consisting of two almost-equal beats: 4/8 followed by 3/8.

<u>Bar</u>	<u>Fast part</u>
1	Step forward with RF, step back with LF.
2	Hop on LF, lifting RF up in front and <u>(ct & step to the right with RF)</u> ; step with LF behind RF.
3	Step with RF to the right; step with LF behind RF.
4	Hop on LF while circling RF round behind the left knee; step on RF.
5	Step with LF across in front of RF; step with RF in place.
6	Hop on RF while circling LF around behind the right knee; step on LF.

Continued until the end of the music.