

# U ŠEST

## " NEW ŠEST "

As taught by Gordon Engler

Serbian dance taught by Dick Crum.

RECORD: MF 312, Side II, Bd. 5 "Hay Dance from Levac" or any other of the many available slow U sest records.

NOTE: This is a version of U sest which is currently popular in Belgrade and other Servian towns. It consists of one pattern, which is performed over and over again.

FORMATION: Dancers in open circle, with arms linked in "escort" position.

### Meas.

- 1 Step R with Rft (ct. 1), step on Lft behind Rft (ct. &); step R with Rft again (ct. 2); pause (ct. &).
- 2 Hop in place on Rft (ct. 1); step forward on Lft (ct. &) and hold (ct. 2); Step on Rft in place (ct. &).
- 3 Step on Lft in place (ct. 1); step on Rft in front of Lft (ct. 2); step on Lft in place (ct. &).
- 4 Step on Rft in place (ct. 1); step on Lft in front of Rft (ct. 2); step on Rft in place (ct. &).
- 5-8 Same footwork as in Meas. 1-4, but to the L with opposite footwork.

NOTE that the charm of this dance lies in the uniformity of the syncopated bounces on the part of all dancers. This combined with the slow temp makes the dance simple but hypnotically enjoyable.