

## SITNA LISA

Macedonia

Source: As learned by Tom Deering from Pece Atanasovski, at his camp in Oteševo Macedonia, 1976. Sitna Lisa is from the Skopje Area.

Rhythm: 7/16 counted: Slow, Quick, Quick  
                                  1      2      3  
                                  3/16 + 2/16 + 2/16

Recording: JUGOTON LPY-50985 - Zurla & Tapan  
            JUGOTON LSY-61392 - Folk Orchestra  
            3 Mustafas 3 - Contemporary Folk Orchestra

Formation: Men and Women in mixed or separate lines, hands joined and held forward at shoulder level. Hands are lowered for the fast basic. If men are dancing in a separate line, the men can hold shoulders throughout.

Step Note: ČUKČE: Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat. When a lift is involved, usually the lifted leg is already up and in place when the čukče is executed.

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### Meas Ct BASIC FIGURE (Slow)

1     **S**     Facing Center and dancing in place,  
          ČUKČE on L, Lifting R leg in front of L knee  
          q-q   **Step** on R in place  
2     **S**     ČUKČE on R in place, Lifting L leg in front of R knee  
          q-q   **Touch** ball of L slightly to L  
3-4           REPEAT meas. 1-2 with opposite footwork.  
5-6           REPEAT meas. 1-2  
7-8           REPEAT meas. 1-2 with opposite footwork.  
9     **S**     Turning to face slightly R, ČUKČE on L, Lifting R leg  
          q-q   **Step** on R to R  
10    **S**     ČUKČE on R, Lifting L leg in front of R  
          q-q   **Step** on L across in front of R

REPEAT the basic figure until the music speeds up

### Basic Figure - (Fast)

(Same pattern as above with hops and double-steps)

1     **S**     Facing Center and dancing in place,  
          **Hop** on L, Lifting R leg in front of L knee  
          q-q   **Step** on R in place  
2     **S**     **Hop** on R in place, Lifting L leg in front of R knee  
          q     **Step** L slightly to L  
          q     **Step** on R in place  
3-4           REPEAT meas. 1-2 with opposite footwork.  
5-6           REPEAT meas. 1-2  
7-8           REPEAT meas. 1-2 with opposite footwork.  
9     **S**     Turning to face slightly R, **Hop** on L, Lifting R leg  
          q-q   **Step** on R to R  
10    **S**     **Hop** on R, Lifting L leg in front of R  
          q-q   **Step** on L across in front of R

REPEAT the fast basic figure until the end of the music

**Variation:** During meas. 9-10 of both the fast and the slow basic figure the dancers can make one clockwise turn when called by the leader. The stepwork does not change.

**Squats & turns:** Any of the typical men's squats & turns or leaps & squats done in other Skopje area dances like Postupano and Čučuk can be added to Sitna Lisa (see the Čučuk dance notes for details).

**Dancing with the music:** The basic musical unit is two measures. Sitna Lisa should be danced such that in a two measure unit the dancer first lifts one foot then the other, not the same foot twice in a row (like in a Can-can).  
Dance Description by Tom Deering

Presented by Tom Deering