

ŽENSKO KRSTENO

Macedonia (Skopje Area)

Žensko Krsteno is literally a "Woman's Crossing" dance, from Skopje.

Source: As learned by Tom Deering from Atanas Kolarovski, Dennis Boxell, Pece Atanasovski, and Michelle Anciaux.

Rhythm: 13/16 counted: Slow, Quick, Quick, Quick, Quick, Quick
1 2 3 4 5 6
3/16 2/16 2/16 2/16 2/16 2/16

Recordings: Folkraft LP-25: Clarinet & Accordion Orkestar
RTB LP 1394: Pece Atanasovski Orchestra - Zurlas & Tapan

Formation: Originally a women's dance, now danced in mixed lines with arms up ("W" position). The essence of the dance is still very feminine, with small quick steps and low lifts.

Steps: **ČUKČE**: Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat - think "ah" when counting it in the dance. When a lift is involved, usually the lifted leg is already up and in place when the čukče is executed.

Meas Ct **BASIC STEP**

The dance can start anywhere in the music. Often the first step starts with counts 4-6 of measure 3 (Cross and **Leap** onto L directly in front of R, then **Step** back onto L in place)

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| 1 | 1 | Standing on R, facing center with L in front of R ankle, a small Lift (ČUKČE) on R |
| | 2 | Lift (ČUKČE) again on R |
| | 3 | Step on L slightly sideward L (in place really) |
| | 4 | Cross and Leap onto R directly in front of L |
| | 5-6 | Step back onto L in place |
| 2 | | REPEAT measure 1 with opposite footwork |
| 3 | | REPEAT measure 1 |
| 4 | 1 | Turning to face slightly R, Lift (ČUKČE) on L |
| | 2 | Lift (ČUKČE) again on L |
| | 3 | Step forward on R |
| | 4&5 | Step very quickly L, R, L |
| | 6 | Pause |
| 5 | 1 | Small Leap forward onto ball of R foot |
| | & | Small Leap forward onto L foot |
| | 2 | Small Leap forward onto R foot |
| | 3 | Pause |
| | 4 | Leap Forward onto L, turning to face center |
| | 5-6 | Step back onto R in place |

VARIATION (This is actually a simpler form, usually only danced when the music is slower and often not at all once the "basic" is mastered.)

1-3 Same as Basic

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| 4 | 1 | Turning to face slightly R, Lift (ČUKČE) on L |
| | 2-3 | Step forward on R |
| | 4 | Leap forward onto L |
| | 5-6 | Step forward on R |

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| 5 | 1 | Small Leap forward onto L foot |
| | 2 | Small Leap forward onto R foot |
| | 3 | Pause |
| | 4 | Leap Forward onto L, turning to face center |
| | 5-6 | Step back onto R in place |