

Žensko za raka

(Macedonia)

A women's dance from Western Macedonia with a 12-measure pattern. Originally taught by Saško Anastasov.

Translation: Women's dance using hand hold.

Pronunciation: ZHEHN-skoh zah RAH-kah

Music: 2/4 meter CD: *Yves Moreau Stockton Folk Dance Camp 2009*, Band 5.

Formation: Open circle. Face R of ctr, wt on L. Hands joined in W-pos.

Styling: Slight knee bend; soft down-up movement of the body.

<u>Meas</u>	Music: 2/4 meter	<u>Pattern</u>
1-8	<u>INTRODUCTION</u>	No special introduction. Use the first 8 meas of music as an intro.
	I. <u>BASIC FIGURE</u>	
1		Facing and traveling LOD, step on R (ct 1); light lift on R raising L leg (ct 2).
2		Repeat meas 1, starting with L.
3		Two walking steps in LOD, R, L (cts 1,2).
4		Facing ctr, step on R (ct 1); raise L ft, knee slightly bent (ct 2).
5		Facing ctr, step fwd on L (ct 1); raise R ft behind L calf (ct 2).
6		Still facing ctr, step on R to R (ct 1); step on L across R (ct 2).
7		Step on R (ct 1); raise L ft (ct 2).
8		Facing ctr, step fwd on L (ct 1); raise R ft behind L calf (ct 2).
9		Facing ctr, step back on R (ct 1); raise L (ct 2).
10		Facing & traveling RLOD, step on L (ct 1); step on R across L (ct 2).
11		Facing ctr, step on L to L (ct 1); step on R behind L ft (ct 2).
12		Facing ctr, step on L to L (ct 1); raise R ft, bending knee (ct 2).

Repeat dance from beginning. In the final repetition, on meas 12, ct 2, slap R fwd.

Presented by Yves Moreau