

Manastirjanka

(Serbia)

This dance is from the Vlach region of eastern Serbia.

Pronunciation: mah-nah-steer-YAHN-kah

Music: 2/4 meter *Serbian Folk Dance, Vol. 3, Track 1*

Formation: Open circle, belt hold or V-pos.

Steps & Styling:

Meas 2/4 meter Pattern

INTRODUCTION. No action. Begin with orchestra.

I. FIGURE I

- 1 Moving CCW, step R fwd (ct 1); hop on R (ct 2)
- 2 Repeat meas with opp ftwk.
- 3-6 Beg R, 8 running steps continuing CCW.
- 7 Heavy step on R (ct 1); hold (ct 2).
- 8 Stamp L twice (cts 1-2) with no weight.
- 9-16 Repeat meas 1-8 moving CW with opp ftwk.

II. FIGURE II

- 1 Facing ctr, step R to R (ct 1); close L to R (ct &); lean R (ct 2).
- 2 Repeat meas 1 with opp ftwk and direction.
- 3 Step R to R (ct 1); close L to R (ct &); step R to R (ct 2); close L to R (ct &).
- 4 Step R to R (ct 1); close L to R (ct &); lean R to R (ct 2); hold.
- 5-8 Repeat meas 1-4 with opp ftwk and direction.

II. FIGURE II VARIATION

- 1-2 Repeat Fig II, meas 1-2.
- 3 Leap R to R (ct 1); heavy step L in front of R (ct &); leap R onto R (ct 2); heavy step L in front of R (ct &).
- 4 Leap R onto R (ct 1); stamp L twice (cts 2, &).
- 5-8 Repeat meas 1-4 with opp ftwk and direction.

Note: During this figure, you can yell “op sha sha” during meas 1 or meas 2; or “op sha, op sha, op sha sha” during meas 3-4.

Sequence: Fig I, Fig II, Fig I, Fig II Variation.

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