NIŠKA BANJA
(Serbia)

Niška Banja is the name of a health resort in south-east Serbia. The music is folk in origin, while the steps come from the North American Serbian community and have been done by them since the mid to late 50s. The original melody was called Duj Duj, but since the song is about Niška Banja and the people who go there, the name slowly changed and is now accepted as Niška Banja.

Pronunciation: NEESH-kah BAHN-yah

Cassette: NK 85-2 9/8 meter

Rhythm: 9/8: 1,2 / 1 3,4 / 2 5,6 / 3 7,8,9 / 4 counted here as

Formation: Mixed lines with hands joined in "V" pos.

Style: Serbian dances are very light and done mostly on the balls of the ft with slightly bent knees. Their styling has all kinds of extra flourishes such as bounces, lifts, swings, etc. These notes only have the basic steps and should be used only as a reference after learning the dance from a competent teacher.

Meas	Cts	Pattern
2 meas		Introduction.
		I. GRAPEVINE
1	1	Facing ctr and moving sdwd R, step on R to R.
	2	Step on L behind R.
	3	Step on R to R.
	ah	Bounce on R.
	4	Step on L across R.
2-8		Repeat meas 1, seven more times (8 in all).
		II. FORWARD AND BACKWARD WITH CLAP
1	1-3	Moving twd ctr with hands free at side, walk fwd R,L,R.
	4	Bounce on ball of R ft as L touches fwd.
2	1-3	Moving bkwd, step L,R,L.
	4	Bounce on L as ball of R ft touches next to L ft.
		Claps: Clap hands at head level on ct 4 of meas 1 and 2
3-8		Repeat meas 1-2, three more times (4 in all).

Presented by Bora Gajicki