

Shestitsa (Pchinja)

This is a mixed dance from the region of Pchinja, South-East Serbia. It is performed in an open circle. Shestitsa dance has 2 figures. The metre is 2/4. Each figure includes 8 measures.

Starting position: The dancers stand in a semi-circle facing the centre, palm hold.

First figure:

First measure:

At "one" - squat step with R-foot to the right

At "and" - step with L-foot to the right

At "two" - step with R-foot to the right

Second measure:

At "one" - step with L-foot to the right

At "and" - step with R-foot to the right

At "two" - cross step with L-foot backward on the R

Third measure:

At "one" - step with R-foot to the right

At "two" - cross step with L-foot forward on the R.

Fourth measure:

At "one" - squat step with R-foot facing the centre

At "and" - step with L-foot on the spot

At "two" - step with R-foot on the spot

Fifth measure:

At "one" - squat step with L-foot facing the centre

At "and" - step with R-foot on the spot

At "two" - step with L-foot on the spot

Sixth measure:

At "one" - squat step with R-foot on the spot

At "and" - step with L-foot to the left facing the centre

At "two" - cross step with R-foot backward the L-

Seventh measure:

At "one" - step with L-foot to the left, cross-step with R-foot forward the L-

At "two" - step with L-foot to the left, cross-step with R-foot backward the L-

Eight measure:

At "one" - squat step with L-foot to the left

At "and" - step with R-foot on the spot

At "two" - step with L-foot on the spot