

SESTORKA (Serbian Folk Dance)

Record: FESTIVAL 45 RPM KF-4810B

Formation: Segregated lines. Girls' hands in front, L arm under, R arm over. (Do not cross own arms.) Boys hold each other's belts in like fashion.

1. In LOD with body slightly bending fwd and facing slightly twd center, step R, cross or sweep L, step R, Cross or sweep L, step R, cross or sweep L, then put weight on R, then L (sort of a heavy balance step). Note: As you do this change-of-weight step, you say "OOH, AAH" with a nasal tone. Count it--123456 ooh-aah! Note also, to come out to the correct phrase of the music of this record, repeat all of #1 above just the very first time the dance is done. Thereafter do all steps in order.
2. Facing center, step R ft, cross L ft over R, step back on R ft in place and hop on it.
3. Going in RLOD step L, cross over L with an accent, step L with L ft, cross R ft behind L, step on L ft again and cross R ft in front. Step on L ft and hop on it.
4. Step on R ft, cross L ft over and step on it, step back in place on R ft and hop on it.
5. Step in place on L ft, cross R ft over L, step back in place on L ft and hop on it.

REPEAT dance from beginning.

Mens' steps very exaggerated with lifting of knees. Women rather sedate.

Taught by Ulibarri, learned from Jerry Joris L.