

ŠETNJA - U ŠEST
(Serbia)

A Šetnja, Retko, U Šest combination (slow, medium, fast tempos) is a common combination of dances at social functions in Serbia.

Šetnja: This dance should be done in a relaxed manner.

U Šest: The tempo of an U Šest usually starts out at a moderate speed and gradually gets faster. This often leads into a competition between the dancer and musician as to who can do it faster. The U Šest is done much faster in Serbia than it is done in the U.S.

There are many variations, but usually a dancer changes only a portion of the pattern, say meas 1-2, while meas 3-4 are done with different variations, or meas 1-2 vary while meas 3-4 remain the same. Only occasionally will all 4 meas change.

The normal length of the dance in the U.S. is 10 to 15 minutes. When done in Serbia 15 to 30 minutes, or longer, is normal.

Pronunciation: SHET-nee-ah oo SHEST

Cassette: NK 85-2 "Šetnja-Užičko" 4/4 meter
Šetnja is in 2/4, but counted as 4/4 for notation purposes. U Šest is in 4/4.

Formation: Beg pos for Šetnja: Medium length lines in escort pos (L hand on hip or in belt (for M), R hand through L arm of neighbor).

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 dances from a competent teacher.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
		✓ <u>SETNJA</u>
8 meas		Introduction.
1	1-2	Facing R of ctr and moving in LOD, step fwd on R.
	3-4	Step fwd on L.
		Note: Flex knees on each ct throughout the dance.
2	1-4	Step R,L,R,hold in LOD. Gradually turn to face ctr.
3	1-2	Moving bkwd, step on L,
	3-4	Moving bkwd, step on R.
4	1	Moving and facing RLOD, step fwd on L.
	2	Turning to face ctr, step fwd on R.
	3-4	Turning to face LOD, step bkwd on L in RLOD and hold.
		Repeat to end of Šetnja music.

ŠETNJA - U ŠEST (Continued)U ŠES

Formation: The most common hold is in "V" pos. If M are dancing together they will often use "T" pos to better feel their neighbors' dancing.

Meas Cts

Pattern

INTRODUCTION:

- | | | |
|-----|-----|---|
| 1 | 1 | Facing ctr, step on R in place with flex. |
| | 2 | Touch ball of L ft in front of R with flex. |
| | 3-4 | Repeat with opp ftwk. |
| 2-8 | | Repeat meas 1 seven more times (8 in all). |

DANCE:

- | | | |
|-----|-----|---|
| 1 | 1 | Step on R to R with flex. |
| | 2-3 | Flex R twice as L moves across R. |
| | 4 | Step on L across R with plié. |
| 2 | 1 | Step on R to R with plié as L is lifted bkwd sharply to calf level. |
| | 2 | Hold. |
| | 3 | With wt on balls of both ft, step on L next to R heel as L heel pivots to R and R heel pivots to L. Most of wt is on R. |
| | 4 | Put full wt on R as L lifts bkwd. |
| 3-4 | | Repeat meas 2 twice more, alternating ftwk (3 in all). |
| 5-8 | | Repeat meas 1-2 with opp ftwk and direction. |

Repeat to end of U Šest music.