

Sitna Lisa

Sitna Lisa is a dance from the Skopje region, a region rich in dances in a wide variety of rhythms. Many of these are already known in the United States, including Baba Djurdja, Žensko Krsteno, Crnogorka, Čučuk, Potračano, Postupano, etc. The region includes the surroundings of Skopje, both the Crna Gora and the lowlands along the Vardar almost to Veles.

The dance is in a quick 7/16 rhythm, which we will count as follows in groups of two measures:



Mixed open circle. Hands are joined and held forward at shoulder level. Face center.

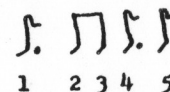
Group	Beat	Figure I (Slow)
I	1	Čukče on L [Free R is raised forward, bent at knee, and somewhat crossing in front of L]
	2	Step R by L
	3	Čukče on R [As in 1]
	4	Touch ball of L foot near R
II		Reverse I
III-IV		Repeat I-II
V	1	Čukče on L [As in 1 above]
	2	Step R to R [Face a bit R of center]
	3	Čukče on R [As in 1 above]
	4	Step L across in front of R (RLOD)
		Figure II (Fast)
I	1	Hop on L [As in 1 above]
	2	Step R by L
	3	Hop on R [As in 1 above]
	3	Step on ball of L foot near R
	4	Step onto full R foot in place
II		Reverse I
III-IV		Same as I-II
V	1	Hop on L [As in 1 above]
	2	Step R to R (RLOD)
	3	Hop on R a bit to R. [As in 1 above]
	4	Step L across in front of R to R

Presented by Pece Atanasovski

KOLO FESTIVAL 1982

Žensko - Women's Beranče

This dance is from voden (Edessa), but variations are done throughout southern Pelagonia. The rhythm is 12/16; we will indicate the beats as follows:



Open circle of women. Face diagonally R of center, and move RLOD.

Measure	Beat	
I	1	Step L across in front of R (RLOD)
	2	Step R by L [In stepping, pivot slightly towards center on ball of L foot. R foot is placed heel-to-heel with L foot and pointing RLOD so as to form a large acute angle. Both heels are lowered to the ground.]
	3	hold - or optional slight bounce in place.
	4	Step L across in front of R (RLOD) [Step is onto ball of L foot, Body turns more to the R.]
	5	Pivot on the L foot towards center, as small Čukče on the L foot. Free R is held out low to side and rotates around L towards front.
II	1	Step R in front of L [The step does not move the body significantly forwards. The R knee flexes somewhat, and the body is tilted forward a bit from the waist. The free L foot is raised a bit behind.]
	2	Slight Čukče on R
	3	Step L in place [Particularly during slower music, this step may occur somewhat in advance of count 3.]
	4	Step R to R - face diagonally L of center.
	5	Slight Čukče on R [Free L is raised from ground and held alongside R, so that bent L knee is forward and L bent is raised behind.]

Variation

Hands are dropped and women move into an open circle of couples, both facing R of center and moving RLOD.

The woman on the right places her L hand on the other woman's right shoulder. Their right hands are joined, and their R arms are extended forward and out to their side. In this position, they continue the dance as before. The woman on the R must move around the other woman on I-5 and II-1,2.

Presented by Pece Atanasovski