

STARA BANJA

(Serbia)

This dance, a fast "U Sest" type, is from Serbia.

MUSIC: Record: "Dances of Yugoslavia WRS 768, Side 1, Band 5.
2/4 meter.

FORMATION: Broken circle of dancers with hands joined & held low.

STEPS AND STYLING:

Step-touch: Step swd R on R (ct 1). Touch L beside R, no wt (ct 2). May be done either R or L.

Three: Step swd R on R (ct 1). Step L across in front of R or behind R (ct 2). Step back on R in place (ct &). Note: For variety both heels may be turned in the direction of the ft taking the wt. Or when 3 threes are called for in succession, 2 threes may be danced and a step-stamp substituted for the last three. A step-stamp is step R (ct 1), stamp L beside R, no wt (ct 2), or it may be danced reversing the ftwork.

Scissors Pattern: A low leap R extending L ft fwd close to floor, knee straight (ct 1). A low leap L extending R ft fwd close to floor, knee straight (ct 2). A low leap R extending L ft fwd close to floor, knee straight (ct &). Repeat reversing ftwork.

There are many variations to U Sest danced in Yugoslavia which may be used in Stara Banja. Some of them are listed below.

MeasPatternVariation I - Basic

- 1 Facing and moving LOD, walk 2 steps RL in LOD (cts 1,2).
2-4 Facing ctr, step-touch 3 times swd R,L,R.
5-8 Repeat action of meas 1-4 but start L and move RLOD.

Variation II - Basic with Threes

- 1 Repeat action of Variation I, meas 1.
2-4 Facing ctr, dance 3 threes in place.
5-8 Repeat action of meas 1-4 (Variation II) but start L and move RLOD.

Variation III - Basic with Scissors

- 1 Repeat action of Variation I, meas 1.
2-4 Facing ctr, dance 3 scissors patterns in place.
5-8 Repeat action of meas 1-4 (Variation III) but start L and move RLOD.

Variation IV - Four with Threes

- 1 Facing ctr, step swd R on R (ct 1). Step L across in front of R (ct &).
2-4 Dance 3 threes in place.
5-8 Repeat action of meas 1-4 (Variation IV) but start L and move RLOD. Note: During meas 5-8 instead of dancing swd RLOD steps may be shortened so that the pattern is almost done in place.

Variation V - Step-hop-step with Threes

- 1 Facing ctr, step swd R on R (ct 1). Hop R with L leg raised in front (ct 2). Step L across in front of R (ct &).
2-4 Dance 3 threes in place.
5-8 Repeat action of meas 1-4 (Variation V) but start L and move RLOD.

(continued)

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(continued)

<u>Meas</u>	<u>Pattern</u>
	<u>Variation VI - 3 Step-hop-steps with 1 Three</u>
1	Facing ctr, step swd R on R (ct 1). Hop R swinging L ft around in back (ct 2). Step L behind R (ct &).
2-3	Repeat action of meas 1 (Variation VI) twice.
4	Dance 1 three in place.
5-8	Repeat action of meas 1-4 (Variation VI) but start L and move RLOD.
	<u>Variation VII - Four with Step-step-stamp</u>
1	Repeat action of Variation IV, meas 1.
2	Step R in place (ct 1). Step L beside R (ct &). Stamp R across in front of L taking wt (ct 2).
3	Repeat action of meas 2 (Variation VII) but start L.
4	Step back on R in place (ct 1). Step L beside R (ct &). Step R across in front of L (ct 2).
5-8	Repeat action of meas 1-4 (Variation VII) but start L and move RLOD.

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