

Name of dance: Staro Žensko Krsteno

Pronunciation: STAH-roh ZHEN-skoh KHRR-steh-noh

Place of origin: the Skopje region of Macedonia





Source of music: RTB LP 1394, Side 2 Band 7

Learned from: Pece Atanasovski, 1976



About the dance: The name of the dance means "old women's cross-stepped dance".

Rhythm: 2/4, counted as:  or as: 

Formation: Open circle with leader on the right. Men and women can be mixed. Hands are joined and held in a "W" position. Face R and move in line of direction.

Direction	Measure	Step
	1	Lift or hop on L, lifting free R knee in front (ct. 1), step on R in line of travel (ct. 2).
	2	Leap forward in line of travel onto L, letting free R kick up behind (ct. 1), step forward on R (ct. 2).
	3	Repeat Measure 2.
	4	Step or leap forward onto L (ct. 1), turning to face center, step back from center onto R (ct. 2).
	5-8	Repeat Measures 1-4 with reverse footwork and direction.
	9	Facing center, hop or lift on L, lifting free R knee in front (ct. 1), step on R in place (ct. 2).
	10	Step on L across in front of R (ct. 1), step back onto R in place (ct. 2).
	11-12	Repeat Measures 9-10 with reverse footwork. End by turning to face line of travel.

Variations:

Steps on ct. 2 of any measure may be embellished by performing a small preliminary lift of the heel of the weight-bearing foot. The lift may either precede the beat, giving the syncopated rhythm  or it may be performed directly on the beat, giving it a status more equal to the step which follows it: . Measure 2, for example, would then become:

Leap forward on L (ct. 1), lift on L, moving free R forward in preparation for the next step (ct. 2), step forward on R (ct. &).

Further variations involve spinning: Each hop can be replaced by a full spin on that hop. For example, when hopping on L, spin CW once around. When hopping on R, spin the other way. Spins can also be inserted on traveling

Staro Žensko Krsteno (continued):

<u>Direction</u>	<u>Measure</u>	<u>Step</u>
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leap steps. So when leaping from R onto L in line of travel, spin once CW around during each leap. Spins are generally done by a lead dancer, and can be inserted at will.

dance notes based on those by Bob Liebman,
reformatted and added to by Erik Bendix