

ZENSKO PUSTENO

(Pelagonija)

SOURCE: Pece Atanasovski, Institute at Otesovo.

RECORD: AMAN LP 103, side 2/3.

RHYTHM: Musically in 12/8, dance will be counted in 5, with slight emphasis on 1 and 4 counts.

FORMATION: Women's line, hands held in "W" position.

METER: 12/8

PATTERN

Meas

PATTERN 1 - SLOW SECTION:

- 1 Lift L, weight on R (ct 1). Place L to side weight still on R (ct 2). Shift wt to L (ct 3). Step fwd on R (ct 4). Wt back onto L (ct 5).
- 2 Repeat meas 1, opp ftwk, opp dir.
- 3 Repeat meas 1.
- 4 Turning slightly R, lift R (ct 1). Touch R to front and side (ct 2). Put wt on R (ct 3). Step L behind R (ct 4). Leap onto R (ct 5).
- 5 Step L in front of R (ct 1). Lift on L (ct 2). Step side on R (ct 3). Step front L (ct 4). Step in place R (ct 5).
- 6 Repeat meas 1-5.

PATTERN 2 - MUSIC SPEEDS UP:

- 1 Hands move to hips, wrists to waist, fingers back. Facing slightly CW, 2 hops on R (cts 1,2). Step L,R,L in place, turning to face CCW. (cts 3,4,5).
 - 2 Repeat meas 1, opp ftwk, opp dir turning to face CW.
 - 3 Hop on R twice (cts 1,2). Step behind on L (ct 3). Leap R on R (ct 4). Step L in front (ct 5).
 - 4-5 Repeat meas 4-5 of slow pattern, with smaller footsteps and in tempo of faster music.
- Repeat to end of music.

Presented by Billy Burke at the Laguna Folkdancers Festival 1992