<u>SITNA LISA</u> Macedonia

As learned by Tom Deering from Pece Atanasovski, at his camp in Oteševo Source:

Macedonia, 1976. Sitna Lisa is from the Skopje Area.

Rhythm: 7/16 counted: Slow, Quick, Quick

Recording:

JUGOTON LPY-50985 - Zurla & Tapan JUGOTON LSY-61392 - Folk Orchestra 3 Mustafas 3 - Contemporary Folk Orchestra

Men and Women in mixed or separate lines, hands joined and held forward at shoulder level. Hands are lowered for the fast basic. If men are Formation:

dancing in a separate line, the men can hold shoulders throughout.

Step Note:

ČUKČE: Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat. When a lift is involved, usually the lifted leg is already up and in place when the čukče is executed.

<u>Meas</u>	<u>Ct</u>	BASIC FIGURE (Slow)
1	S	REPEAT meas. 1-2 with opposite footwork. REPEAT meas. 1-2 REPEAT meas. 1-2 with opposite footwork. Turning to face slightly R, ČUKČE on L, Lifting R leg Step on R to R ČUKČE on R , Lifting L leg in front of R
2 s q 3-4 5-6 7-8 9 s q 10 s	q-q S q-q S q-q	
	9 9 S q-q	
		REPEAT the basic figure until the music speeds up
		<u>Basic Figure - (Fast)</u> (Same pattern as above with hops and double-steps)
1	S	Facing Center and dancing in place, Hop on L, Lifting R leg in front of L knee
2	<pre>q-q Step on R in place S Hop on R in place, Lifting L leg in front of R knee q Step L slightly to L</pre>	
3-4 5-6 7-8 9	q	Step on R in place REPEAT meas. 1-2 with opposite footwork. REPEAT meas. 1-2
	S Turnir q-q Step o S Hop or	REPEAT meas. 1-2 with opposite footwork. Turning to face slightly R, Hop on L, Lifting R leg Step on R to R Hop on R, Lifting L leg in front of R Step on L across in front of R
		REPEAT the fast basic figure until the end of the music

Variation: During meas. 9-10 of both the fast and the slow basic figure the dancers can make one clockwise turn when called by the leader. The stepwork stays the same.

Squats & turns: Any of the typical men's squats & turns or leaps & squats done in other Skopje area dances like Postupano and Čučuk can be added to Sitna Lisa (see the Čučuk dance notes for details).

Dancing with the music: The basic musical unit is two measures. Sitna Lisa should be danced such that in a two measure unit the dancer first lifts one foot then the other, not the same foot twice in a row (like in a Can-can).

Dance Description by Tom Deering Presented by Tom Deering