## <u>ŽENSKO KRSTENO</u> Macedonia (Skopje Area)

Žensko Krsteno is literally a "Woman's Crossing" dance, from Skopje.

- Source: As learned by Tom Deering from Atanas Kolarovski, Dennis Boxell, Pece Atanasovski, and Michelle Anciaux.
- Rhythm: 13/16 counted: Slow, Quick, Quick, Quick, Quick, Quick 1 2 3 4 5 6 3/16 2/16 2/16 2/16 2/16 2/16 2/16
- Recordings: Folkraft LP-25: Clarinet & Accordion Orkestar RTB LP 1394: Pece Atanasovski Orchestra - Zurli & Tapan
- Formation: Originally a women's dance, now danced in mixed lines with arms up ("w" position). The essence of the dance is still very feminine, with small quick steps and low lifts.
- Steps: **ČUKČE:** Lift the heel of the supporting foot slightly before the beat, bringing it down on the beat think "ah" when counting it in the dance. When a lift is involved, usually the lifted leg is already up and in place when the čukče is executed.

## Meas Ct BASIC STEP

The dance can start anywhere in the music. Often the first step starts with counts 4-6 of measure 3 (Cross and Leap onto L directly in front of R, then **Step** back onto L in place)

- Standing on R, facing center with L in front of R ankle, a small Lift (ČUKČE) on R Lift (ČUKČE) again on R Step on L slightly sideward L (in place really) Cross and Leap onto R directly in front of L S-6 Step back onto L in place
- 2 REPEAT measure 1 with opposite footwork 3 REPEAT measure 1
- 4 **1** Turning to face slightly R, Lift (**ČUKČE**) on L 2 Lift (**ČUKČE**) again on L 3 **Step** forward on R
  - 4&5 Step very quickly L, R, L 6 Pause
- 5 **1** Small Leap forward onto ball of R foot & Small Leap forward onto L foot 2 Small Leap forward onto R foot 3 Pause 4 Leap Forward onto L. turning to face cen
  - 4 Leap Forward onto L, turning to face center 5-6 Step back onto R in place

<u>VARIATION</u> (This is actually a simpler form, usually only danced when the music is slower and often not at all once the "basic" is mastered.)

- 1-3 Same as Basic
- 4 **1** Turning to face slightly R, Lift (**ČUKČE**) on L 2-3 **Step** forward on R 4 Leap forward onto L
  - 5-6 **Step** forward on R
- 5 **1** Small Leap forward onto L foot 2 Small Leap forward onto R foot 3 Pause 4 Leap Forward onto L, turning to face center 5-6 Step back onto R in place