

PEMBE II  
(Macedonia, Yugoslavia)

This version of Pembe (PEM-beh) is popular in the Vardar River Basin (Povardarie) of Macedonia. It is a 10 measure dance belonging to the Krsteno or "Crossing" dance family.

Music: Festival Records FR-4014A 2/4 meter

Formation: Open circle, leader at R end calls the patterns. "W" pos or shldr hold (M only).

<u>Meas</u>	<u>Pattern</u>
	<u>Basic</u>
1	Facing slightly R of ctr, step on L ft across and in front of R (ct 1); step fwd on R ft (ct 2).
2-3	Repeat meas 1 twice.
4	Turning to face ctr, step fwd on L ft in front of R (ct 1); step back on R ft (ct 2).
5	Lift on R ft, raising L knee up in front (ct 1); step on L ft to L (ct 2).
6	Step on R ft in front of L (ct 1); step back on L ft (ct 2).
7-8	Repeat meas 5-6 with opp ftwk.
9-10	Repeat meas 5-6.
	To repeat Basic, beg with lift on L ft (ct 1); step on R (ct 2).
	<u>Variation</u>
1-4	Repeat meas 1-4 of Basic.
5	Lift on R ft, raising L knee up in front (ct 1); step on L ft to L (ct 2);
6	Touch whole R ft fwd, rotating R heel fwd and in (ct 1); hold (ct 2).
7-8	Repeat meas 5-6 with opp ftwk.
9-10	Repeat meas 5-6.
	<u>Men's Variation I</u>
1	Facing R of ctr and moving LOD, lift on L ft, R knee raised in front (ct 1); step fwd on R ft (ct 2).
2	Still moving fwd, repeat meas 1 with opp ftwk.
3	Turning to face ctr, repeat meas 1.
4	Lift on R ft raising L ft up in front (ct 1); bend R knee (ct 2).
5	Lift on R ft (ct 1); step on L ft to L (ct 2).
6-7	Repeat meas 4-5 with opp ftwk.
8-9	Repeat meas 4-5.
10	Repeat meas 6, turning to face R of ctr (Lift on L, bend knee)
	<u>Men's Variation II</u>
1	Facing ctr, hop on L ft and hook R ft fwd in front of L (ct 1); step on R ft to R (ct &); step on L across in front of R (ct 2).
2	Repeat meas 1.
3	Hop on L, hooking R ft fwd (ct 1); leap onto R, lifting L sharply in front (ct 2).
4	Hold (ct 1); bend R knee (ct 2).
5-10	Repeat Men's Variation I, meas 5-10

Presented by Stephen Kotansky