

Jensko Camce

(Zensko Camce)

Macedonian Women's Dance

7/8 meter (SQQ=123,12,12)

Strong (supportive) "W" hand hold throughout.

Source: Becky Gordon, who learned it from George Tomov.

Styling: "Stretch and Hold" by waiting as long as possible before taking the next step. Undulating movement between being on ball of foot and flat ("cukce") throughout dance. See "Tanec-Zensko Chamche" on YouTube (similar dance, but same styling). Face center on stationary steps/figures (except "Swivel Step"); On traveling steps/figures face right of center

Section One

meas	beat		
1		No Action; face center, arms in "W" hold	
2	S	Turning to face LOD, step side L, wt on both; "SWIVEL STEP" with bent knees, rotate ccw towards center on balls of feet while straightening and lifting.	
QQ		Facing center, drag L back next to R and lift L, foot touching right calf; Rise on ball of R and hold.	
3	S	Light bounce on ball of R (in same position) "RIGHT BOUNCE"	
	Q	Again (Light bounce on ball of R)	
	Q	Still facing center, small side step L	
4	SQQ	Step R fwd; Step L back in place; Lift R	"FORWARD, BACK, LIFT"
5	SQQ	Bounce on L; Again; Small side step R	"LEFT BOUNCE"
Note: In meas 4-5, dance slightly less on ball of foot, more flat footed, than in meas 2-3.			
6-8		Repeat Meas 2-4	
9	SQQ	Bounce on L; Again; Moving LOD, step R	"BOUNCE & TRAVEL"
10	S	Still moving LOD, step L	"TRAVEL 1"
	QQ	Lift R in front of L; step R in LOD	
11	SQ	Step L in LOD; Lift R in front of L "TRANSITION 1"	
	Q	Facing sharply center, step sideways R	
12-18		Repeat meas 2-8	
19-20		Repeat meas 9-10	
21-28		Repeat meas 11-18	

Section Two

- meas beat
- 1 SQQ Moving LOD: long step R; Step L next to R; long step R **“TRAVEL 2”**
- 2 SQQ Repeat meas 1, opp feet (LRL)
- 3 S Lift R in front of L **“TRANSITION 2”**
QQ Pivoting to face center, Step to side on R
- 4 S Turning to face LOD, step side L, wt on both; **“SWIVEL STEP”**
with bent knees, rotate ccw towards center on balls of feet while straightening and lifting.
QQ Facing center, drag L back next to R and lift L in front, foot touching right calf; Rise on ball of R and hold.
- 5 S Slight bounce on ball or R (in same position) **“RIGHT BOUNCE”**
QQ Bounce again on R; Still facing center, small side step L
- 6 SQQ Step R fwd; Step L back in place; Hold (no lift) **“FORWARD, BACK”**
- 7 S Lift R in front of L **“LIFT, LIFT”**
QQ Leaping onto R, lift L in front of R
- 8 S Step side onto L **“SIDE, LIFT”**
QQ Lift R in front of L; Lower R
- 9 – 16 Repeat meas 1 – 8,

Section Three

- 1 SQQ Moving LOD: Step R; Step L; Step R **“TRAVEL 3”**
- 2 SQQ Repeat meas 1, opp feet
- 3 S Still moving LOD: Step R;
QQ Step L
- 4 S Still moving LOD: Step R;
QQ Step L crossing behind R
- Note: “Stretch the beat”, especially in meas 3 and 4. Meas 1, 2, are relaxed; meas 3, 4, are smooth
- 5 SQ Stepping on R, Slightly lift and circle L CCW **“SKOCI”**
Q Touch inside of L to R calf
- 6 SQQ Holding position: Bounce; Bounce again **“BOUNCE, BOUNCE”**
- 7 S Step L slightly back and to the side **“YEMENITE”**
QQ Step side R
- 8 S Step L across (in LOD)
QQ Lift R in front of L
- 9 – 40 Repeat meas 1 – 8 four times for total of five times

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