

## Puštanka

## Macedonia

This dance is from the Bitola region. Pušteno means individual, free dance.  
This dance is done by good, experienced dancers.

Rhythm: 12/16 ( 1 2 3 4 5 )

Formation: "W" hold, mixed line or open circle

Meas.

Pattern

- 1 Facing diag. to CCW, Hop on L, rise R knee up in front(ct.1); Step on R fwd(cts.2,3)  
Slightly lift on R(ct.4); Step on L fwd(ct.&); Step on R fwd(ct.5)
- 2 Step on L fwd(ct.1); Step on R fwd(cts.2,3); Small steps L, R, L fwd(cts.4&5)
- 3 Hop on L, rise R knee up in front and face ctr.(ct.1); Step on R to R(cts.2,3); Slightly  
hop on R(ct.4); Step on L in front of R(ct.&); Step back on R in place(ct.5)
- 4 Repeat Meas.3 with opp. ft and direction

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