

SARANAC

South Banat, Vojvodina - Serbia

Rhythm: 4/4

Pattern 1

Measure 1 - Step to L with R crossing L in front (1);
Step with L to L (2); Step with R to L,
crossing L in front (3); Step with L to L
(4);

2 - Step with R to L crossing L in front (1);
Step with L to L (2); Step with R to L,
crossing L in front (3); Hop (small) on R,
lifting L very high (4)

3 & 4 - Mirror version of Measures 1 - 2.

Repeat Pattern 1.

Pattern 2

Measure 1 - Step with R beside L (1); Step with L
beside R (and); Step with R beside L (2);
Hold (and); Hold (3,and)(4,and)

2 - Step on R(1); Hold (and); Step on L (1);
Hold (and); Step on R (3); Step on L (and);
Step on R (4); Hold (and)

3 & 4 - Mirror version of Measures 1 - 2.

Pattern 3

Measure 1 - Step on R forward, crossing L a bit in
front (1); Hop on R (2); Step on L forward
crossing R a little in front (3); Hop on L
(4)

2 - Step on R forward, crossing L in front (1);
Step on L crossing behind R (2); Step on R
crossing L in front (3); Hop on R (4)

3 - Step with L backward, crossing R behind (1);
Hop on L (2); Step with R crossing L behind
(3); Hop on R (4)

Pattern 2 - Slow running step.

Measure 4 - Step with L backward, crossing R behind (1);
Step on R in front of L crossing it (2); Step
with L behind R, crossing it (3); Hop on L (4)

Repeat Pattern 3.

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East Serbia

Rhythm: 2/3 (Count 1, 2, 3).

Measure 1 - Touch the floor with R to R, weight on L,
bounce on L (1); Put weight on R, lift L
off the floor, bounce on R (2); Bring L
beside R, put weight on it going down
deeper on your heels and lifting R off the
floor (3).

2 - Take a small step with R to R, L ft is
on the floor (1); Bounce once on both
feet (2); Bring L in front of R, going
down deeper on R once (3).

3 - Bring L beside R, bounce once on both
feet (1); Bounce once on both feet (2);
Bring R in front of L, going down deeper
on R once (3).

4 - Bring R beside L, bounce once on both
feet (1); Bounce once on both feet (2);
Bring L in front of R, going down deeper
on L once (3).

5-8 Repeat sequence of Measures 1-4.

Repeat entire pattern to end of music.

Every count has a bounce, but the third one is a little
more exaggerated.

Open or closed circle, regular hand-hold (arms down),
mixed circle.