

STARA VLAINJA

East Serbia

Rhythm: 2/4

- Measure 1 - Step with R to R (1); Bring L beside R, put weight on L (2).
- 2 - 3 Same as Measure 1.
- 4 - Step with R to R, lift L in front of R (1); Bounce on R (2)
- 5 - Mirror version of Measure 4.
- 6 - Same as Measure 4
- 7 - Step to L with L ft (1); Bring R beside L, put weight on R (2)
- 8 - Step with L to L, bring R beside L, holding R up (1); bounce on L (2).

During certain intervals in the dance, the music will change to one note played for four measures. During these four measures, dance 8 bounces on both feet in place.

Dance in open or closed circle; belt hold, men and women in a mixed line.