

Žensko Barjače Oro

(Macedonia)

This dance, part of the Beranče/Bajrače/Barjače/Pusteno/Levendikos family, was originally taught by Pece. The title means "Woman's dance from Berat", although the dance is probably not from Berat.

METER: 12/8 [123] [12] [12] [123] [12}
S Q Q S Q

It can also be done to any of the other Berance meters (15/8, 17/8 etc -- with the same basic SQQSQ pattern)

FORMATION: Open Circle with hands in W position

INSTRUCTIONS

Bar 1: Start facing front, step left crossing in front of R turning body to face R (S1), small lift (cukce) on left foot, while raising R knee - Right foot is kept near ground and near the left foot, the body turns to briefly face center (Q1), step R to R turning to face LOD again (Q2). Repeat first slow count -- S1 --of this bar (S), Repeat first quick count -- Q1-- of this bar (Q3)

Bar 2 Step R towards center (S), small lift (cukce) on R foot, bringing Left foot up behind R calf (Q), Step Left backwards (Q), step R backwards and slightly to the right turning body to face LOD (S), small lift on R foot while touching the Left toe to ground next to R foot with L knee pointing in LOD (Q)

QUICKNOTES®

Bar 1	S	Q	Q	S	Q
	L	L	R	L	L
	Step	cukce	Step	Step	cukce
	↗	●	→	↗	●
Bar 2	S	Q	Q	S	Q
	R	R	L	R	R
	Step	cukce	Step	Step	cukce
	↑	●	↓	↘	●

Notes by Andrew Carnie June, 1998