

(Žensko - Women's) Beranče

This dance is from voden (Edessa), but variations are done throughout southern Pelagonia. The rhythm is 12/16; we will indicate the beats as follows:



1 2 3 4 5

Open circle of women. Face diagonally R of center, and move RLOD.

Measure Beat

- | | | | |
|----|---|--|--|
| I | 1 | Step L across in front of R (RLOD) | |
| | 2 | Step R by L | In stepping, pivot slightly towards center on ball of L foot. R foot is placed heel-to-heel with L foot and pointing RLOD so as to form a large acute angle. Both heels are lowered to the ground. |
| | 3 | hold - or optional slight bounce in place. | |
| | 4 | Step L across in front of R (RLOD) | Step is onto ball of L foot, Body turns more to the R. |
| | 5 | Pivot on the L foot towards center, as small čukče on the L foot. Free R is held out low to side and rotates around L towards front. | |
| II | 1 | Step R in front of L | The step does not move the body significantly forwards. The R knee flexes somewhat, and the body is tilted forward a bit from the waist. The free L foot is raised a bit behind. |
| | 2 | Slight čukče on R | |
| | 3 | Step L in place | Particularly during slower music, this step may occur somewhat in advance of count 3. |
| | 4 | Step R to R - face diagonally L of center. | |
| | 5 | Slight čukče on R | Free L is raised from ground and held alongside R, so that bent L knee is forward and L bent is raised behind. |

Variation

Hands are dropped and women move into an open circle of couples, both facing R of center and moving RLOD.

The woman on the right places her L hand on the other woman's right shoulder. Their right hands are joined, and their R arms are extended forward and out to their side. In this position, they continue the dance as before. The woman on the R must move around the other woman on I-5 and II-1,2.

Presented by Pece Atanasovski