

Name of dance: Žensko Beranče

Pronunciation: ZHEN-skoh behr-AHN-cheh

Place of origin: Voden (Edessa) in Aegean Macedonia

Source of music: Jugoton LPY-50985, Macedonian Folk Dances (Reels), Side B Band 1

Learned from: Pece Atanasovski in 1973 in Oteševo, Macedonia

About the dance: "Beranče" is a type of dance in 12/16 meter that is done throughout southwestern Macedonia (Pelagonia), and may or may not have come from the area around Berat, which is now in Albania. This is a women's (*žensko*) Beranče, and is one of the more elegant and subtle dances for women in the Macedonian repertoire.

Rhythm: 12/16, indicated here as follows:

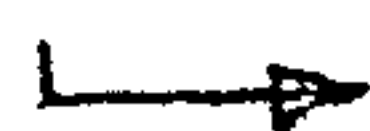
♩. ♩ ♩ ♩. ♩
1 2 3 4 5
or: 1-2-3 1-2 1-2 1-2-3 1-3

Formation: Open circle of women that later in the dance breaks into pairs of women.

Hands are joined and held up in an open "W" position. Dancers face diagonally to the R of center and move to the R.

Direction	Measure	Step
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Basic Step:



1

Step on L across in front of R (ct. 1), step on R by L without weight, shifting hips CCW to the L without turning the shoulders while pivoting slightly towards the center on the ball of the L foot – the R foot is placed heel-to-heel with the L foot and points to the R so as to form a large acute angle, both heels are lowered to the ground and face and chest are lifted with eyes looking ahead in the direction of travel (ct. 2), shift weight onto R and shift hips back a little CW while L foot lifts off the ground slightly (ct. 3), step on L across in front of R moving to the R, rolling the step onto the ball of the L foot and turning the body more to the R (ct. 4), lift up the L heel as you pivot around the ball of the L foot toward the center, holding the free R low out to the side and rotating it around the L toward the center (ct. 5).



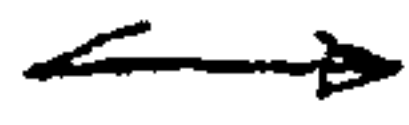
2

Step on R towards the center with a flexed knee and with the body tilted forward from the waist and looking at the ground immediately in front, while raising the free L foot a bit behind (ct. 1), slightly lift and drop the R heel and hence the whole body since weight remains on the ball of the R foot (ct. 2), step back on L away from the center, possibly



Direction	Measure	Step
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Basic Step (continued):



somewhat in advance of the beat during the slower part of the music (ct. 3), step on R to R side, facing diagonally R of center with the head tilted ever so slightly L and looking ahead at the ground, i.e. still a little below horizontal (ct. 4), slightly lift and drop the standing R foot's heel bringing the L toe near the instep of the R foot as the R heel drops so that the bent L knee points forward and the L leg is held alongside the R leg, still holding the position of the head of the last count (ct. 5).

Variation:

Hands are dropped and women move into an open circle of female couples, both facing R of center and moving to the R. The woman on the R places her L hand on the other woman's R shoulder. Their R hands are joined and their R arms are extended forward and out to their R side. The woman on the L places her L hand on her own L hip. In this position, they continue the dance as before. The woman on the R must move around the other woman on count 5 of Measure 1 and on counts 1 and 2 of Measure 2, so it helps if the woman on the L takes small steps here to compensate.

In another version of this variation, the two women simply joint hands, the L woman's R hand to the R woman's L hand, and hold them up in an open "W" position, thus leaving their outer hands (L woman's L hand and R woman's R hand) free to twirl handkerchiefs. In this position, the R woman must move even further around the L woman, who must compensate even more. The step remains the same.

dance notes by Robert Henry Liebman,
amended and reformatted by Erik Bendix