ŽENSKO ČAMČE
Macedonia

PRONUNCIATION: Chen-sko <u>Chahm</u>-cheh

RECORD: Worldtone, Side 1, Band 2 (LP), AK-002

FORMATION: W in broken circle, facing ctr with hands joined at shldr ht.

RHYTHM: 7/16 counted here as: $\frac{1,2,3}{1}$ $\frac{4,5}{2}$ $\frac{6,7}{3}$ (S,Q,Q)

METER: 7/16	PATTERN

Meas.

FIG. I:

1   Hold

2   Step L fwd (ct 1); step R bkwd, raise L in front of R (ct 2); bring L behind R (ct 3).

3   Lift twice on R, L raised slightly in back of R (cts 1-2); step L in place (ct 3).

4   Step R in front of L (ct 1); step back on L, raise R in front of L (cts 2-3).

5-6   Repeat meas 3-4 with opp ftwk and keeping R leg raised in front of L on meas 5.

7-8   Repeat meas 3-4.

9   Lift on L (ct 1); moving to R, lift on L and touch R heel to floor (ct 2); roll onto full ft (ct 3).

10   Still moving R, step L (ct 1); lift on L and touch R heel to floor (ct 2); roll onto full ft (ct 3).

11   Repeat meas 10.

12-21 Face ctr and repeat meas 2-11.

22-28 Face ctr and repeat meas 2-8, add a lift on L on last ct of meas 28.

FIG. II:

1-2   Facing and moving R, step R,L,R, L,R,L (S,Q,Q, S,Q,Q)

3   Lift on L, raise R slightly (ct 1); facing ctr, step R diag fwd R (cts 2-3).

4-6   Repeat meas 2-4.

7   Lift on L (ct 1); step R slightly sdwd to R, lift L across R (cts 2-3).

8   Step L next to R (ct 1); lift on L, raise R across L (ct 2-3).

9-16   Repeat meas 1-8.

FIG. III:

1-2   Repeat meas 1-2, Fig. II.

3   Moving to R, step R,L (cts 1-2); hold (ct 3).

4   Face ctr and step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3).

5   Bend R knee and lift L in front of R slightly off ground (ct 1); straighten R and bring L around in back of R (cts 3-4).

6   Repeat meas 5, with L held in back of R.

7   Step back on L (ct 1); step R next to L (cts 2-3).

8   Step L across R (ct 1); lift on L, raise R across L (cts 2-3).

9-32   Repeat meas 1-8, 3 more times (4 in all).

33-35 Repeat meas 1-3.

36   Facing ctr, step R to R (ct 1); lift on R, raise L across R (ct2-3)