

ŽENSKO PUŠTENOV
(Pelagonija)

Source: Pece Atanasovski, Institute at Oteševovo.

Time: Musically in a 12/8, dance will be counted in 5
with slight emphasis will be on 1 and 4.

Record: LP AMAN- 103

Position: Woman's line , hands held, arms in a "W" pos.

Measure:

- 1 Lift L. weight on R. (ct.1) place L. to side
weight still on R. (ct.2) Shift weight to L. (ct.3)
Step fwd. on R. (ct.4) Weight back to L. (ct.5).
- 2-3 Repeat meas. 1 moving Rt. then L.
- 4 Turning slightly Rt. lift R. weight on L. (ct.1)
Touch R. to front and side (ct.2) put weight on R.
(ct.3) Step L. behind R. (ct.4) Leap onto R. (ct.5).
- 5 Step L. in front of R. (ct.1) Lift on L. (ct.2)
Step side on R. (ct.3) Step front L. (ct.4) Step
in place R. (ct.5)
- 6-10 Repeat meas. 1-5.

When music gets fast step changes; hands move to
hips, wrists to waist, fingers back.

- 1 Facing CW 2 hops on R. (ct.1&2)
Step L,R,L in place turning to face CCW (ct.1&2)

Repeat meas.1 hopping on L. turning CW.
- 3 Hop on R. twice (cts.1&2) Step behind on L. (ct.3)
Leap Rt. on R. (ct.4) Step L. in front (ct.5).
- 4-5 Repeat meas 4-5 of slow step.

Repeat to end of dance.