

Zensko za raka

(Western Macedonia)

Zensko za raka (ZHEHN-skoh zah RAH-kah), a 'women's dance with hands,' was learned from Sashko Anastasov by Yves Moreau, who taught it at Mendocino Folklore Camp 2007 and 2009 Stockton Folk Dance Camp held at the University of the Pacific. The music, by the famous accordionist and singer, Zoran Marsovski, used also by Ljupco Manevski for the similar dance, Navestinsko Za Raka, is accessible also in several performances via Google and YouTube.

Music: CDs: *Yves and France Moreau*, MFL'07, Band 11; 2/4 meter
Yves Moreau, Stockton Folk Dance Camp 2009, Band 5.
Video: 2009 Stockton Folk Dance Camp, DVD*

Formation: Open circle of W and suitably courteous M facing LOD (R), wt on L ft, with hands joined up in W-pos.

Steps & Styling: Slight knee bend with soft down-up (cts 1-2) movement of body.

Measure	2/4 meter	PATTERN
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INTRODUCTION (No action for 8 meas, or as determined by leader, on the R)

DANCE PATTERN

- 1 Facing and traveling LOD, step on R (ct 1); slight lift on R, raising L leg (ct 2).
- 2 Repeat meas 1 with opp ftwk.
- 3 Walk R, L in LOD (cts 1, 2).
- 4 Step on R, turning to face ctr (ct 1); raise L ft, knee slightly bent (ct 2).
- 5 Step fwd on L (ct 1); raise R ft behind L calf (ct 2).
- 6 Still facing ctr, step on R to R (ct 1); step on L across R (ct 2).
- 7 Step back on R (ct 1); raise L fwd (ct 2).
- 8 Step fwd on L (ct 1); raise R ft behind L calf (ct 2).
- 9 Step back on R (ct 1); raise L fwd (ct 2).
- 10 Still facing ctr and moving RLOD, step on L to L (ct 1); step on R across L (ct 2).
- 11 Step on L to L (ct 1); step on R behind L (ct 2).
- 12 Facing ctr, step on L to L (ct 1); raise R ft, bending knee (ct 2).

Sequence: Repeat DANCE PATTERN as written to end of music.

Note: The music, which is in 8-measure phrases, speeds up near the end.

*Stockton Folk Dance Camp video's can be viewed in the library at U of P, or by contacting a camp participant who purchased it.