

ŽENSKO ZA RAKA

Женско за рака
(Macedonia)

A women's dance from Western Macedonia with a 12-measure pattern. Learned from Saško Anastasov

Music: Yves Moreau CD

Rhythm: 2/4

Formation: Open circle. Face R of ctr, wt on L. Hands joined up in "W" pos.

Style: Proud and smooth

Measure	Pattern
No special intro. Start at beg of any musical phrase.	
1.Basic	
1	Facing and travelling LOD, step on R (1) light lift on R raising L (2)
2	Same pattern as in meas 1, starting with L ft
3	Two walking steps in LOD, R-L
4	Facing ctr, step on R (1) raise L ft, knee slightly bent (2)
5	Facing ctr, step in onto L ft (1) raise R ft (2)
6	Still facing ctr, step on R to R (1) step on L across R (2)
7	Step on R (1) lift L (2)
8	Facing ctr, step in on L (1) raise R ft (2)
9	Facing ctr, step back onto R (1) lift L (2)
10	Facing & travelling RLOD, step on L (1) step on R across L (2)
11	Facing LOD step back on L (1) step back on R (2)
12	Facing LOD, step back on L (1) lift R, bending knee (2)

Dance repeats from beginning

Description © by Yves Moreau

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