

# ŽENSKO PUŠTENO ORO

Pelagonija, Macedonia

- Source: Pece Atanasovski, Institute at Otesovo. Brought back to AMAN by Carol Akawie and/or David Shochat.
- Music: AMAN 101, Pece CD 1.
- Meter: 12/16 counted as (123),(12),(12),(123),(12),(12) or SQQSQ
- Formation: Open circle, though traditionally a women's dance now danced in mixed lines. Hands in "W" position.
- Step Term: Čukče – Some notes might call it a hop but here the foot does not leave the ground. Rather the heel comes off the ground and lands back on the beat.

## **Part 1**

Introduction: The AMAN recording starts with an introductory trill by the bagpipe and then the tupan comes in with a rhythm. Let the S, Q,Q go by and start by stepping in with the left foot on the S, of this measure and back to place on the Q.

### Measure

- 1 Čukče on right (S), Čukče on right again (Q). Step on left in place (Q). Cross right over left (S). rock back on left, in place (Q).
- 2 Repeat measure 1 with opposite footwork and direction
- 3 Repeat measure 1
- 4 Facing slightly right of center Čukče on left (S). Čukče again on left (Q). Step forward in LOD ((Q). Rock back along line on left (S). Step on right in place, still facing right (Q)
- 5 Step on left across right (S). Čukče on left, slightly hooking right in front of left ankle (Q). Turning to face center step forward along line on right (Q). Facing center, cross left over right (S). Rock back on right in place (Q).

Dance repeats until the music speeds up and the leader calls for a change.

## **Step 2**

Tempo change to faster speed. Hands held down.

- 1 Facing to right, Čukče on right, with left foot behind right calf (S). Čukče on right again (Q). Step on left (Q). Step on right in place (S). Turn ½ turn to left to face back along line with a step on the left (Q).
- 2 Repeat measure 1 with opposite footwork and direction.

- 3 Facing to right, Čukče on right, with left foot behind right calf (S). Čukče on right again (Q). Step on left behind right (Q). Step on right to right (S). Leap on left across in front of right (Q).
- 4 Facing slight right of center, Čukče on left (S). Čukče on left again (Q). Step on right to right (Q). Rock back along line on left (S) Step forward along line with right (Q)
- 5 Step forward on left along line (S). Čukče on left, slightly hooking right in front of left ankle (Q) Step on right to right ((Q). Step on left (S). step on right, turning to face right (Q)

### **Step 3**

Repeat footwork of Step 2 as an individual.

Hands released and placed on hips with the back of the wrist is placed on hips