

# Shestitsa

## Serbia

This is a dance for both men and women from the region of Pchinja, South-East Serbia. The dance was learned from Serbian dance field researcher during a seminar for traditional Serbian music and dance in 2001. It is performed with instrumental accompaniment (accordion), and the melody that was recorded during the fieldwork was used for the proposed arrangements here. The dance pattern includes one figure in eight measures.

Pronunciation: sheh-STIH-tsah

Music: *From Bulgaria and Beyond* CD. Band 15.  
*Ima-Nema* CD. Band 12

Formation: Open circle; hands hold, facing LOD.

2/4 meter, counting “one-&-two-&”

Steps & Styling: Small steps.

Meas

Pattern

8 meas      INTRODUCTION

I. FIGURE I

- 1      Step on R ft to the R and bend the knee while stepping (ct 1), pause (ct &); step on L ft LOD (ct 2), step on R ft LOD (ct &).
- 2      Step on L ft to the R and bend the knee while stepping (ct 1), pause (ct &); step on R ft facing cntr (ct 2), step on L ft behind the R ft facing cntr (ct &).
- 3      Step on R ft to the R facing cntr (ct 1), step on L ft in front the R ft (ct &); step on R ft to the R (ct 1), step on L ft behind the R ft (ct &);
- 4      Step on R ft facing cntr and bend the knee while stepping (ct 1), pause (ct &); step on L ft (ct 2); step on R ft (ct &).
- 5      Step on L ft facing cntr and bend the knee while stepping (ct 1), pause (ct &); step on R ft (ct 2); step on L ft (ct &).
- 6      Step on R ft facing cntr and bend the knee while stepping (ct 1), pause (ct &); step on L ft to the L (ct 2); step on R ft to the L (ct &).

Shestitsa—continued

- 7 Step on L ft facing cntr to the L (ct 1); step on R ft facing cntr to the L (ct &);  
step on L ft facing cntr to the L (ct 1); step on R ft facing cntr to the L (ct &).
- 8 Step on L ft facing cntr and bend the knee while steping (ct 1), pause (ct &);  
step on R ft to the R while turning the body to the R (ct 2); step on L ft to the  
R(ct &).

Presented by Daniela Ivanova

