

ŽENSKO ČAMČE
(ZHEN-sko CHAHM-cheh)
(Macedonia)

Record: Worldtone WT-LP-64-701, Side 1, Band 2

Formation: W in broken circle, facing ctr with hands joined and held at shoulder height, elbows bent.

Rhythm: 7/16 meter - 1, 2, 3 (SQQ: 123, 12, 12)

<u>Meas</u>	<u>Pattern</u>
<u>PART I</u>	
1	Hold
2	Step fwd on L (ct <u>1</u>), step back on R, L knee bent and raised in front of R leg (ct 2), bring L ft around to back of R (ct 3).
3	Lift twice on R, L raised slightly in back of R, L knee bent (cts <u>1</u> , 2), step L in place (ct 3).
4	Step fwd on R in front of L (ct <u>1</u>), step back on L, R knee bent and raised in front of L leg (cts 2, 3).
5-6	Repeat action of meas 3-4, reversing ftwork and keeping R leg raised in front in meas 5.
7-8	Repeat action of meas 3-4.
9	Lift on L (ct <u>1</u>), moving in LOD, lift on L and touch floor with R heel (ct 2), roll onto full ft (ct 3).
10	Continuing in LOD, step L (ct <u>1</u>), lift on L and touch floor with R heel (ct 2), roll onto full ft (ct 3).
11	Repeat action of meas 10.
12-21	Face ctr and repeat action of meas 2-11.
22-28	Face ctr and repeat action of meas 2-8, adding a lift on L on last ct of meas 18.
<u>PART II</u>	
1	Facing and moving in LOD, step R (ct <u>1</u>), step L (ct 2), step R (ct 3).
2	Step L (ct <u>1</u>), step R (ct 2), step L (ct 3).
3	Lift on L, R knee bent and raised slightly (ct <u>1</u>), facing ctr, step diag fwd R on R (cts 2, 3).
4-6	Repeat action of meas 2-4, Part I.
7	Lift on L (ct <u>1</u>), step slightly sdwd R on R, L knee bent and raised across R leg (cts 2, 3).
8	Step L next to R (ct <u>1</u>), lift on L, R knee bent and raised across L leg (cts 2, 3).
9-16	Repeat action of meas 1-8, Part II.
<u>PART III</u>	
1-2	Repeat action of meas 1-2, Part II.
3	Continuing in LOD, step R (ct <u>1</u>), step L (ct 2), hold (ct 3).
4	Facing ctr, step sdwd R on R (ct <u>1</u>), step L behind R (ct 2), step sdwd R on R (ct 3).

ŽENSKO ČA MČE (Continued)

- 5 Bend R knee, L leg held in front of R leg, L ft just off ground, L knee bent (ct 1), straighten R knee and bring L leg around to back (cts 2,3).
6 Repeat action of meas 5, Part III, with L held in back.
7 Step back on L (ct 1), step R next to L (cts 2,3).
8 Step L across R (ct 1), lift on L, R knee bent and raised across L leg (cts 2,3).
9-32 Repeat action of meas 1-8, Part III, three more times.
33-35 Repeat action of meas 1-3, Part III.
36 Facing ctr, step sdwd R on R (ct 1), lift on R, L knee bent and raised across R leg (cts 2,3).

As presented by Atanas Kolarovski
at Stockton Folk Dance Camp, 8/7/71

Notes by Marcel Vinokur with assistance of
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