

ZENSKO CAMCE  
(WESTERN MACEDONIA)

Source: Stanimir Visinski, Institute on Badija, 1973  
Recording: AMAN 105  
Meter: Part I – See not, Part II 7/8, this is basically a Slow-Quick-Quick pattern which is broken into a (1, &, uh, 2, &, 3, &) when needed.  
Formation: Lines of women, hands held up in “W” position.  
Note: The slow part of this dance belongs to a tradition of dancing in parts of Macedonia where the dancers are in control of the musical meter and tempo; i.e. the musicians follow the lead dancer. Therefore, no strict meter can be assigned to the first or slow section of the dance. It will be notated as groups of steps with holds in between. There are absolutely no hip movements to the side in the dance.

Group            Pattern I – Introduction

- 1            With weight equally on both feet, bend knees 2 times. This is done only once in the dance.

Pattern II

- 1            Step fwd. on Lft. Step back on Rt. Bring Lft foot to left side of Rt. ankle and raise onto ball of Rt. Hold.
- 2            Lower Rt. heel twice. Step side left on Lft. Dip by bending left knee . Step in diagonally across on Rt. Step back on Lft. bring Rt. in front of Lft. Raise onto ball of Lft. Hold
- 3            Lower Lft. heel twice. Step side right on Rt. Step Lft. behind Rt. Step side Rt. Raise Lft. in front of Rt. Dip by bending right knee. Step Lft diagonally across Rt. Take a small step to right with Rt. bringing Lft in front of Rt. Raise onto ball of Rt. and hold.
- 4            Step across in front of Rt. onto Lft. bringing Rt. up and in front of Lft. dip by bending the Lft knee. Step across in front of Lft. onto Rt. bringing Lft up in front of Rt. Dip by bending right knee.

Repeat from beginning of Pattern II until the music changes to the 7/8 meter. Music will change after a group 2 movement.

(Continued)

Zensko Camce (Continued)

- | <u>Measure</u> | <u>Pattern III – 7/8 Music</u>   |
|----------------|--|
| 1              | Facing slightly right step on Rt. (cts. 1, &). Step in place on ball of Lft. (ct. uh). Step slightly fwd. on Rt. (cts 2, 3). |
| 2              | Repeat measure 1, continuing to move to the right but with opposite footwork.  |
| 3              | Still moving to right step on Rt. (ct. 1). Step Lft. (cts. 2, 3)   |
| 4              | Turning to face center step side Rt., bringing Lft up in front of Rt. (ct. 1). Dip by bending right knee (cts. 2, 3).        |
| 5              | Step to left with Lft. (ct. 1). Step Rt. across Lft. (cts. 2, 3).  |
| 6              | Step side Lft. bringing Rt. in front of Lft. (ct. 1). Dip by bending left knee (cts. 2, 3).                                  |

Variation to Pattern III

On measures 1-2, dancers may release hands and make one complete turn clockwise to join hands in line again.