

# Zhenska Povrakjuschka

(Macedonian, Kriva Palanka Area, NE Macedonia)  
presented by Steve Kotansky at DCFF 2020

Origin: Macedonian, Kriva Palanka – NE Macedonia, Shop Region

Formation: Open Circle

Rhythm: 2/4(fast)

Formation: Low hands, V-position

Translation: Woman's dance that returns

Video Link: [https://www.youtube.com/watch?v=SJB0\\_xEhsHw](https://www.youtube.com/watch?v=SJB0_xEhsHw) – about 1:14 into the video (Dit's Virtual Dance Party #15 with Steve Kotansky)

The greater Shope ethnographic area includes NE Macedonia, Western Bulgaria and SE Serbia. Regional Shope dances include Petrunino, Rutchenitzi (Gjushevska, Kopcheto, Kyustendilska), Graovsko, Kopanica, Ludo Kopano, etc.

- Styling (a woman's dance) on measure 4 there's a slight sweep of the R leg in front of the L.
- The triple step in measures 2 & 3 may be "played with" by doing either SQQ or QQS triple-steps.
- Measure 6 ends with a hop and measure 7 begins with a hop, so anticipate the second hop by keeping the L leg raised.

### **Breakdown of the Basic 8-measure Sequence**

<b><u>Meas</u></b>	<b><u>Beat</u></b>	<b><u>Description</u></b>
1	1&2	Moving to R (LOD), Hop L, Step R, Step L (Hop-Step-Step)
2	2&-a or 2&2	Moving to R (LOD), Step R, Step L, Step R (Triple-Step) (SQQ) or (QQS)
3	3&-a or 3&2	Moving to R (LOD), Step L, Step R, Step L (Triple-Step) (SQQ) or (QQS)
4	4&	Moving to R (LOD), Step R to R (slightly sweeping R Ft around L) in LOD, Hop L
5	5&	Moving to R (LOD), Step L to R in LOD, Hop R
6	6&	Moving slightly Backward, (RLOD), Step R Backward in RLOD, Hop R
7	7&2	Moving slightly Backward, (RLOD), Hop R, Step L, Step R (Hop-Step-Step)
8	8&	Moving slightly Backward, Step L and Lift R

### **Breakdown of the Variation 8-measure Sequence**

<b><u>Meas</u></b>	<b><u>Beat</u></b>	<b><u>Description</u></b>
1-7		Same as Measures 1-7 of the Basic
8	8&2	Moving slightly Backward, Step LRL (triple step)