

U ŠEST

Origin: U šest koraka - "U šest" abbreviated is the most common and popular kolo in Serbia today. There are hundreds of melodies for the dance, and *Moravac* is one of the most popular. Variations below are presented generally in order of difficulty. A specific sequence (Variations 1A, 2A, 3A, 4 and 2C) has become, somewhat unnecessarily, a sort of standard routine in the USA.

Formation: "V" position *or* L hand on hip or in pocket (or L thumb hooked in sash or belt, or in vest) and R hand in crook of neighbour's L elbow. R foot free.

Measures

Variation 1A - Basic

- 1 Facing slightly and moving R, 2 walking steps (R, L) FWD (cts. 1-2)
2-4 Turning to face centre, 3 step-touches SDWD (R, L, R)
5-8 REPEAT pattern of measures 1-4 REVERSE direction and footwork
NOTE: There is often a quick flex (bend and straighten) of knee on each upbeat (cts. &-ah, etc.), occasionally on both downbeat and upbeat (cts. 1-ah and ah, etc.)

Variation 1B - Bend knees

- 3-4 As Variation 1A, except...bend knees, straighten knees, and (cts. 1-2)
REPEAT (cts. 3-4) *or*
Pause, bend knees (cts. 1-2)
Straighten knees, bend knees (cts. 3-4)

Variation 1C - Step Bounce-Bounce

- 1 As Variation 1A
2 Facing slightly R, close and step bounce-bounce (R) in place
3 Bend knees, lowering heels (ct. 1)
Straighten knees and bounce-bounce (cts. 2, &)
4 REPEAT pattern of measure 3
5-8 REPEAT pattern of measures 1-4, REVERSE direction and footwork

Variation 2A - Step hop-step

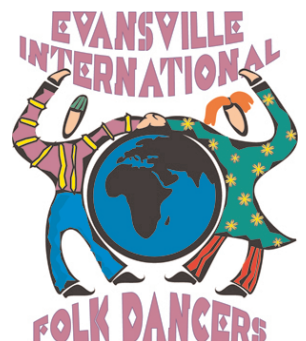
- 1 Facing slightly and moving R, step hop-step (R) FWD
2-4 Turning to face center, three step bounce-bounces SDWD (R, L, R) *or*
3 delayed pas de basque steps (R, L, R) in place
5-8 REPEAT pattern of measures 1-4, REVERSE direction and footwork

Variation 2B - Step hop-step crossing in back

- 1 As Variation 2A above, except...Facing center, step SDWD R on R foot bending knees slightly and kicking L foot slightly FWD (ct. 1, &)
Hop on R foot, swinging L foot around in back (ct. 2)
Cross and step on L foot in back of R (count &)

Variation 2C - Three step hop-steps

- 1-3 REPEAT pattern of Variation 2B, measure 1 a total of three times.
4 1 step bounce-bounce *or* delayed pas de basque (R)
5-8 REPEAT pattern of measures 1-4 REVERSE direction and footwork



...U ŠEST CONTINUED

Variation 3A - Quick crossing steps in front

- 1 As Variation 2A above, except...step SDWD R on ball of R foot (ct. 1)
Cross and step on ball of L foot in front of R (ct. &)
REPEAT (cts. 2, &)

1 Variation 3B - Quick crossing steps in back

- As Variation 2A above, except...step SDWD R on R foot (ct. 1)
Cross and step on ball of L foot in back of R (ct. &)
REPEAT (cts. 2, &) *or*
Combine with 3A above, crossing in front then in back, or visa versa

Variation 4 - Sevens (and threes)

- 1-2 Step SDWD R on ball of R foot (ct. 1)
Cross and step on L foot in front (or in back) of R (ct. &)
REPEAT twice (3 times in all) (cts. 2, &, 3, &)
Step SDWD R on R foot (ct. 4)
3-4 As in Variation 2A above
5-8 REPEAT pattern of measures 1-4 REVERSE direction and footwork

Variation 5 - Quick crossing and skipping reel steps

- 1 As in Variation 3A above, quick crossing steps in front
2-4 5 skipping reel steps starting w/hop on L foot (cts. ah-1, ah-2, ah-3, ah-4, ah-5)
Step SDWD L on ball of L foot (ct. 6)
Cross and step on ball of R foot in front of L (ct. &)
5-8 REPEAT pattern of measures 1-4 REVERSE direction and footwork

Variation 6

- 1 Step diagonally FWD R on R foot (ct. 1)
Cross and a sudden step on L foot in front of R, bending both knees (ct. 2)
2 Step slightly SDWD R on R foot (ct. 1)
Cross and step on L foot in front of R (ct. &)
Step SDWD R on R foot (ct. 2)
3 Hop twice on R foot (cts. 1, &) - tapping ball of L foot FWD on the 1st hop (ct. 1)
Close and step on L foot beside R (ct. 2)
4 REPEAT pattern of measure 3 REVERSE direction and footwork
5-8 REPEAT pattern of measures 1-4 REVERSE direction and footwork

Variation 7

- 1-4 As Variation 1 above
5 Step diagonally FWD on L foot (ct. 1)
Cross and step on R foot in front of L (ct. 2)
6 One delayed two-step (L) BKWD
7 One delayed pas de basque (R)
8 Facing slightly and moving R, one delayed two-step (L)

(See next page for a glossary of terms for U šest.)

GLOSSARY OF TERMS

BOUNCE-BOUNCE: W/weight on balls of both feet and heels raised slightly, lower heels twice (cts. 1, &)

DELAYED PAS DE BASQUE (R): Step SDWD R on R foot (ct. 1), pause (ct. &), cross and step on R foot in front (or in back) of R (ct. 2), step BKWD on R foot in place (ct. &)

DELAYED PAS DE BASQUE (L): REPEAT, REVERSING direction and footwork

FLEX KNEE: Bend knee slightly (ct. 1), straighten knee (ct. &)

SKIPPING REEL STEP (R): A hop-step in an uneven rhythm pattern - hop on L foot (ct. ah before ct. 1), cross and step on L foot in back of R (cts. 1, &)

SKIPPING REEL STEP (L): REPEAT, REVERSING direction and footwork

STEP BOUNCE-BOUNCE (R): Step SDWD R on R foot, bending knees (ct. 1), begin to close L foot to R, raising R heel slightly (ct. &), straighten knees and lower heels twice (cts. 2, &).

STEP BOUNCE-BOUNCE (L): REPEAT, REVERSING direction and footwork

Variations for U šest - Keep weight mostly on R foot and, during the bounce-bounce (cts. 2, &)

(a) place ball of L foot FWD *or*

(b) turn to face slightly L and place ball of L foot BKWD

STEP HOP-STEP (R): Step on R foot, bending knees slightly (ct. 1), pause (ct. &)

STEP HOP-STEP (L): REPEAT, REVERSING footwork

STEP-TOUCH (R): Step on R foot (ct. 1), close and touch L foot beside R w/out taking weight (ct. 2)

STEP-TOUCH (L): REPEAT, REVERSING footwork