

Iz Banju Ide

South Serbia, Jugoslavia

Iz Banju Ide is one of several tunes, including Belo Lenće and Šano Dušo, used for this old dance from Vranje near the Macedonian border of southern Serbia. Folk dancers know a more modern version called "Vranjanka." This version is as seen on the 1948 Jadran Film "Jugoslavenki Narodni Plesovi," restored and made available in the U.S. by Dennis Boxell.

This dance was presented at the lawn party at Stockton Folk Dance Camp, 2004:

TRANSLATION: A beguiling lass, coming from the hot springs bath and the story continues.

PRONUNCIATION: eez BAHN-u EE-deh

MUSIC; CD: Balkan Dances 2000
TAPE: Ostali Muzikaši (Festival Records)

FORMATION: Mixed open circle with hands joined in W-pos.

STYLE: Ftwk is very low and never move than a couple of inches off ground. It is NOT danced in a Lesnoto style.

NOTE: Because this is a 5 meas dance done to a 4 meas phrase the dance crosses over the phrase pattern.

METER: 3/4

PATTERN

Meas. Cts.

INTRODUCTION: Start at beg of any musical phrase.

DANCE:

- | | | |
|---|---|---|
| 1 | 1 | Step R to R. |
| | 2 | Step L across R. |
| | 3 | Hold. (No knee flex) |
| 2 | 1 | Facing ctr - small step on R diag R bkwd with slightly bent knee. |
| | 2 | Touch full L ft slightly fwd, straightening knee. |
| | 3 | Hold. (No knee flex). |
| 3 | 1 | Small step on L diag L bkwd with slightly bent knee. |
| | 2 | Touch full R ft slightly fwd, straightening knee. |
| | 3 | Hold. (No knee flex) |

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- 4 Repeat meas 1.
- 5 1 Facing ctr and moving to R - small step L in front of R (do not cross). (Rock)
 2 Small step R to R. (Rock)
 3 Small step L in front of R (do not cross). (Rock)
 Note - meas 4: Very small sdwd movement during meas 4.

LYRICS

- 1) Podoh po puta, po kamenita, nane mila nane, po kamenita
- 2) Sretoh devojce, iz banj ide, nane mila nane, iy banju ide

Translation

I set off on the cobblestone road.

I met (on the way) a beguiling young lass coming from the hot springs bath.

R&S'd by dd 8-01 from orig 1948 video. Dance was titled Vranjanka on video.

Presented by Denise Heenan