

U Sest

(Serbia)

Translation: In six (steps); no one knows where "six" steps are. U Sest Koraka - "U Sest" for short - 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. Yugoslavs dance these and many other variations regularly. A specific sequence (Variations Ia, IIa, IIIa, IV, and IIc below) has become, somewhat unnecessarily, a sort of standard routine in the U.S.

Formation: Line dance, no ptrs. "V" pos; 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 neighbor's L elbow. R ft free.

- Steps:
- 1 Bounce-Bounce: With wt on balls of both ft and heels raised slightly, lower heels twice (cts 1, &).
 - 2 Delayed Pas de Basque (R): Step sdwd R on R ft (ct 1). Pause (ct &). Cross and step on L ft in front or in back of R (ct 2). Step back on R ft in place (ct &). Repeat, reversing direction and footwork, for delayed Pas de Basque (L).
 - 3 Delayed Two-step (L): Step on L ft (ct 1). Pause (ct &). Close and step on R ft beside L (ct 2). Step on L ft (ct &). Repeat, reverse footwork, for delayed Two-Step (R).
 - 4 Flex Knee: Bend knee slightly (ct 1), straighten knee (ct &).
 - 5 Skipping Reel Step (R): Hop on R fto (ct "ah" before ct 1). Cross and step on L ft in back of R (cts 1, &). Repeat, reversing footwork, for Skipping Reel Step (L). This is a hop-step in an uneven rhythm pattern.
 - 6 Step Bounce-Bounce (R): Step sdwd R on R ft, bending knees (ct 1). Begin to close L ft to R, raising R heel slightly (ct &): Straighten knees and lower heels twice (cts 2, &). Repeat, reversing direction and footwork for Step Bounce-Bounce (L).

Variations (for U Sest): Keep wt mostly on R ft and, during the bounce-bounce (cts 2, &), (a) place ball of L ft fwd or (b) turn to face slightly L and place ball of L ft bkwd.

Step Hop-Step (R): Step on R ft, bending knees slightly (ct 1). Pause (ct &). Hop on R ft (ct 2). Step on L ft (ct &). Repeat, reversing footwork, for Step Hop-Step (L).

Step-Touch (r): Step on R ft (ct 1). Close and touch L ft beside R without taking wt (ct 2). Repeat, reversing footwork, for Step-Touch (L).

Measures

Pattern

Variation I - A - Basic

- 1 Facing slightly and moving R, 2 walking steps (R, L) fwd (cts 1-2).
 - 2-4 Turning to face ctr, 3 Step Touches sdwd (R, L, R).
 - 5-8 Repeat pattern of meas 1-4 reversing 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 &-ah).

Variation - B - Bend Knees

- 3-4 As I - A - above, except:
Bend knees (ct 1). Straighten knees (ct 2), and repeat (cts 3-4);
or Pause (ct 1), bend knees (ct 2), straighten knees (ct 3), bend
knees (ct 4).

Variation I - C - Step Bounce-Bounce

- 1 As I - A above.
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 meas 3.
5-8 Repeat pattern of meas 1-4, reversing direction and footwork.

Variation II - A - Step Hop-Step

- 1 Facing slightly and moving R, Step Hop-Step (R) fwd.
2-4 Turning to face ctr, 3 Step Bounce-Bounces sdwd (R, L, R) or 3
Delayed Pas de Basques (R, L, R).
5-8 Repeat pattern of meas 1-4 reversing direction and footwork.

Variation II - B - Step Hop-Step Crossing In Back

- As II - A - Above, except:
1 Facing ctr, step sdwd R on R ft, bending knees slightly and
kicking L ft slightly fwd (ct 1). Hop on R ft swinging L ft
around in back (ct 2). Cross and step on L ft in back of R (ct &).

Variation II - C - Three Step Hop-Steps

- 1-3 Repeat Pattern of Variation II - B - meas 1 a total of 3 times.
4 One Step Bounce-Bounce or Delayed Pas de Basque (R).
5-8 Repeat pattern of meas 1-4 reversing direction and footwork.

Variation III - A - Quick crossing Steps In Front

- As II - A - above, except:
1 Step sdwd R on ball of R ft (ct 1). Cross and step on ball of L
ft in front of R (ct &). Repeat (cts 2, &).

Variation III - B - Quick Crossing Steps in Back

- As II - A - above, except;
1 Step sdwd R on R ft (ct 1). Cross and step on ball of L ft in
back of R (ct &). Repeat (cts 2, &). Or: Combine with III - A
above, crossing in front, then in back, or vice versa.

Variation IV - Sevens (and threes)

- 1-2 Step sdwd R on ball of R ft (ct 1). Cross and step on L ft in
front (or in back) of R (ct &). Repeat twice (3 times in all)
(cts 2, &, 3, &). Step sdwd R on R ft (ct 4).
3-4 As II - A - above.
5-8 Repeat pattern of meas 1-4 reversing direction and footwork.

Variation V - Quick Crossing & Skipping Reel Steps

- 1 As III - A - above, quick crossing steps in front.
2-4 Five Skipping Reel Steps starting with hop on L fot (cts ah-1, ah-2, ah-3, ah-4, ah-5). Step sdwd L on ball of L ft(ct 6). Cross and step on ball of R ft in front of L (ct &).
5-8 Repeat pattern of meas 1-4 reversing direction and footwork.

Variation VI

- 1 Step diag fwd R on R ft (ct 1). Cross and a sudden step on L ft in front of R bending both knees (ct 2).
2 Step slightly sdwd R on R ft (ct 1). Cross and step on L ft in front of R (ct &). Step sdwd R on R ft (ct 2).
3 Hop twice on R ft (cts 1, &), tapping ball of L ft fwd on the first hop (ct 1). Close and step on L ft beside R (ct 2).
4 Repeat pattern of meas 3 reversing direction and footwork.
5-8 Repeat pattern of meas 1-4 reversing direction and footwork.

Variation VII after Var. I

- 1-4 As I above.
5 Step diag fwd on L ft (ct 1). Cross and step on R ft 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).