

U SEST NUMBER 7... .SERBIA

Dance Meaning: U sest mean "in Six."

Bob's U Sest: Named after Bob Radcliffe because I got the music from Bob.

Pronunciation: Oo Shest

Choreography: By Jim Gold using traditional steps from Serbia.

Music: Obtained from Bob Radcliffe

Formation: Line

Meter: 2/4

Jim Gold YouTube video: <https://www.youtube.com/watch?v=yKhgBTI-44U>

Introduction: 8 measures

FIRST STEP (PART I)

Basic U Sest Step:

- 1 Walk to right R(ct 1), L(ct 2),
- 2 face ctr, step R(ct 1), touch L next to R(ct 2),
- 3 step to left on L(ct 1), touch R next to L(ct 2),
- 4 step to right on R(ct 1), touch L next to R(ct 2),
- 5-8 Repeat in opp dir and opp ft.

SECOND STEP (PART II)

- 1 Step on R(ct 1), hop on R(ct 2),
cross L over R(ct &),
- 2 step on R(ct 1), step on L next to R(ct 2),
step on R next to L(ct &),
- 3 Repeat meas. 2 using opp ft
- 4 Repeat meas. 2
- 5-8 Repeat meas. 1-4 opp ft and opp dir.

THIRD STEP (PART III)

Two-steps

Moving right, CCW: 3 two-steps:

- 1 R(ct 1), L(ct &), R(ct 2),
- 2 L(ct 1), R(ct &), L(ct 2),
- 3 R(ct 1), L(ct &), R(ct 2),
- 4 step on L while shouting Op (ct 1),
lift R and swing to move in opp dir while
shouting sa! (Ct 2) (Complete shout: Opsa!)
- 5 7 crossing steps CW, body faces front:
Cross R over L(ct 1), step on L next to R(ct 2),
- 6 Repeat meas. 5
- 7 Repeat meas. 5
- 8 cross R over L(ct 1), lift L (ct 2),
- 9-16 Repeat meas. 1-8 with opp ft and in opp dir.

FOURTH STEP (PART IV)

Two-steps Moving right, CCW:

- 1 1 two-step: R(ct 1), L(ct &), R(ct 2),
- 2 step on L(ct 1), lift R, swing to left preparing
to move in opp dir(ct 2),
7 quick crossing steps CW, body faces front:

- 3 Cross R over L(ct 1), step on L next to R(ct &),
cross R over L(ct 1), step on L next to R(ct &),
- 4 cross R over L(ct 1), step on L next to R(ct &),
step on R(ct 1-2),
- 5-8 Repeat meas. 1-4 in opp dir with opp ft.
- 9 4 into ctr 2 two-steps into ctr.
Step fwd on R(ct 1),
step L next to R(ct &),
step fwd on R(ct 2),
- 10 Repeat meas. 1 using opp ft
- 11 Facing ctr, step on R (ct 1),
tap L next to R as you bend fwd(ct 2),
- 12 straighten body, step back on L(ct 1),
Step R in place(ct 2),
- 13 step on L(ct 1), lift R(ct 2),
- 14 step on R(ct 1),
lift L touching R calf, turn 1/4 to left(ct 2),
- 15 7 side-together steps moving diagonally
out of circle:
Step out of circle on L(ct 1),
bring R next to L(ct &),
step out of circle on L(ct 2),
bring R next to L(ct &),
- 16 step out of circle on L(ct 1),
bring R next to L(ct &),
step on L(ct 2).