**FOLK DANCE FEDERATION OF CALIFORNIA DANCE RESEARCH COMMITTEE**

**Bob Gardner, Virginia Wilder**

**LET'S DANCE**

March 1989

---

**Pembe**

(Macedonia)

This version of pembe (PMB-tch), popular in and around Titov Vales in the Vardar River Basin, was presented by Stephen Kozak, under the title of *Pemba II*, at the 1988 University of the Pacific Folk Dance Camp. He also presented a two measure dance from South Serbia with the same name. Pembe belongs to a family of dances sometimes referred to as the Basanka or "crossing family." They are done in southern and southwestern Macedonia and are also found in northern Greece and southern Albania. Although the basic dance pattern is frequently the same, the style varies depending on the music, the region in which it is found, and the individual dancer. Other dances using this basic pattern include Zensko Krsteno, Sto me je Mito, Swerovo, Katsache Mama and Postupano.

Pembe has been taught by others in California. Atanas Kolarovski taught a version using the same basic pattern, and Nete Ilievski taught all of the variations described below at the 1988 Macedonian Folklife Camp. Kete taught Figure II as a women's variation. In Macedonia, when men do their variations, the women continue with the Basic step or with Figure II. When Atanas does this dance, the step onto the left foot in measures 2 and 5 of the Basic step becomes a line onto the full foot.

**RECORD:**
- Festival Records FR-40144/ RDB-029 Side A/6; RTB Dzepotov 86 Side B/3 2/4 meter

**FORMATION:**
- Open circle with leader at R end. "W" pos when done in mixed or W line. "M" pos when done in M line. The traveling parts of the dance are done in LOD. The leader makes an appropriate call or signal to change the pattern

**STEPS:**
- Hook: Bring heel of R ft across in front of the L leg about shin level.

**SYLING:**
- Pembe is done in a strong and dignified manner. There is an easy plié or bend of knees on each step.

**MUSIC**

2/4 meter

---

### Measures

**INTRODUCTION**
- None. Beg with any phrase.

**I. BASIC**

1. Facing R of ctr, step on L ft across and in front of R (ct 1); step fwd in LOD on R ft (ct 2).
2-3. Repeat 1 twice.
4. Turn to face ctr during this mass. Step slightly tw'ctr on L ft (ct 1); step bkw on R ft (ct 2).
5. Raise and lower R heel, raising L knee (ct 1); step on L ft to L (ct 2).
6. Step on R ft in front of L (ct 1); step bkw on L ft (ct 2).
7-8. Repeat mass 3-6 with opp foot.
9-10. Repeat mass 3-6.

**NOTE:** To repeat Basic step, beg with raise and lower of L heel while turning to face R of ctr (ct 1).
II. VARIATION

1-4 Repeat Fig I, means 1-4, but begin by raising and lowering L heel while turning to face R of ctr (ct 1).
3 Raise and lower R heel while raising L knee (ct 1); step on L ft to L (ct 2).
6 Touch whole R ft fwd, rotating R heel to L (ct 3); hold (ct 2).
7-8 Repeat means 5-6 with opp ftwk.
9-10 Repeat means 5-6.

III. MEN'S VARIATION I

1 Facing R of ctr, hop on L ft while raising R knee high (ct 1); step fwd in L00 on R ft (ct 2).
2 Still moving fwd in L00, repeat means 1 with opp ftwk.
3 Repeat means 1 while turning to face ctr.
4 Raise and lower R heel while raising L knee (ct 1); bend R knee (ct 2).
5 Raise and lower R heel (ct 1); step on L ft to L (ct 2).
6-7 Repeat means 4-5 with opp ftwk.
8-9 Repeat means 4-5.
10 Repeat means 6. Hop turning to face R of ctr during bend of L knee (ct 2).

IV. MEN'S VARIATION II

1 Facing ctr, hop on R ft, hooking R ft in front of L (ct 1); step on R ft to A (ct 4); step on L ft across in front of R (ct 2).
2 Repeat means 1.
3 Hop on L ft, hooking R ft in front of L (ct 1); leap onto R ft to R while sharply raising L knee high in front (ct 2).
4 Hold (ct 2); bend R knee (ct 2).
5-10 Repeat Fig III (Men Variation I) means 5-10.

DANCE SEQUENCE: Repetitions and order of figures are determined by the leader.

© Folk Dance Federation of California, Inc. January 1969