

ČERKESKO
(Bulgaria)

SOURCE: This "Čerkesko horo" is from the town of Veliko Tarnovo, once the capital of the Second Bulgarian Kingdom. The name of the dance indicates influences from abroad. The "Čerkessians" are a tribe from the Caucasian Mountains, who settled in Bulgaria in 1864.

PRONUNCIATION: chehr-KESS-koh

MUSIC: "Bulgarian Folk Dances", Nevofoon LP 15025, Side A, Band 5

FORMATION: Line or open circle. Hands: part 1 - on own hips, fingers fwd
part 2-5 - V-pos and W-pos

METER: 9/8: 1-2,1-2,1-2,1-2-3. Counted here as
1, 2, 3, I,II,III.

METER: 9/8

PATTERN

Meas

Introduction: 4 meas

PART 1 "Introduction"

- 1 Facing & moving in LOD, big step on R bending knee fwd (ct 1); big leap on L bending knee fwd (ct 2); big step on R bending knee fwd (ct 3); small step on L (ct I), small step on R (ct II-III)
- 2 Rpt meas 1 with opp ftwk
- 3-8 Rpt meas 1-2 three more times

PART 2

- 1 Joining hands & facing ctr, rpt meas 1 of Part k twd the ctr of the circle, dip on ct 3. Arms move fwd and up from V pos (over the waterfall) to W pos; arms pull down sharply on ct 3 (ct 1-3)
- 2 Rpt action of meas 1 with opp ftwk bkwd
- 3-4 Rpt meas 1-2, arms stay in W pos on meas 4 ct I-III

PART 3

- 1 Facing ctr, step on R heel sdwd (ct 1); step on L across behind R with a slightly bent knee (ct &); rpt action of ct 1-& two more times (ct 2-3); leap on R, lift L with bent knee (ct I); stretch L along the floor in front of R and move L to the L (ct II-III)
- 2 Rpt meas 1 with opp ftwk
- 3-4 Rpt meas 1-2
- 5-8 Rpt Part 2, arms swing down to V pos on meas 4 ct I-III

PART 4

- 1 Facing ctr, step on R diag R fwd (ct 1); step on L back in place (ct &); step on R in front of L (ct 2); step on L back in place (ct &); rpt action of ct 1-& (ct 3-&); rpt action of ct 2-& (ct I-II); kick R fwd along the floor with a straight knee (ct III)
- 2 Leap on R, swing L fwd along the floor (ct 1); leap on L, swing R along the floor (ct 2); rpt action of ct 1 (ct 3); step on L with a straight knee in front of R (ct I-II); fall on R back in place (ct III)

Cont

CERKESKO (cont'd)

PART 4 (cont'd)

3-4 Rpt action meas 1-2 with opp ftwk, on last ct, arms V pos

PART 5

- 1 Face ctr and dance in place, low leap on R, lift L knee in front (ct 1); stamp L heel without wt next to R toe (ct &); rpt cts 1-& with opp ftwk (cts 2,&); rpt cts 1-& (cts 3,&); leap on L lifting R knee fwd (I); tap R toe next to L toe (II); tap R heel next to L toe (III)
- 2 Turning to face diag R, low leap on R lifting L knee in front (ct 1); stamp L next to R without wt (ct &); rpt ct 1-& with opp ftwk (cts 2,&); rpt ct 1 (ct 3); hold (ct &) turning to face ctr, leap on L lifting R knee in front (I); stamp R next to L toe (II); hold (III)
- 3-4 Rpt meas 1-2

SUGGESTED SEQUENCE:

Fig I - 4X
Fig II - 5X
Fig III - 5X
Fig IV - 4X
Fig V - 4X
Fig VI - 3X

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Taught by Jaap Leegwater, IDYLLWILD WORKSHOP, 1985
Description by Jaap Leegwater & Bianca de Jong, 1982