

V  
Cestoto

(Bulgaria)

Translation: The Common or Frequent Dance.

Record: Folkraft LP-26, side B band 5 (2:20)--Orchestra

Formation: Line dance for men, no partners. Belt hold. R foot free.

Variation I - Straight ("Bravo")

Facing center

- 1 Step-close (R) fwd (cts 1-2).
- 2 Step fwd on R foot (ct 1), pause (ct 2).
- 3 Step fwd on L foot, turning toe and body to face slightly R (ct 1). Chug fwd on L foot (ct 2).
- 4 Turning to face center, step-close (R) bkwd (cts 1-2).
- 5 Step bkwd on R foot (ct 1), pause (ct 2).
- 6 Step slightly sdwd L on L foot (ct 1), pause (ct 2).

Variation II - Stamp ("Udari")

- 1 Raising R knee high, swing R foot up R and around L to stamp on R foot fwd directly in front of L (ct 1). Stamp slightly fwd on L foot so toes are about behind R heel (ct 2). Stamp R foot slightly fwd, without taking weight (ct "ah").
- 2 Stamp R foot fwd again, taking weight (ct 1), pause (ct 2).
- 3-6 As I above.

Variation III - Squat ("Zalegni")

- 1-4 As I above.
- 5 Step bkwd on R foot (ct 1). Pause (ct 2), swinging L foot out high, CCw, giving impetus for a large . . .
- 6 Jump, landing both feet with L foot back, almost kneeling on L knee (ct 1), pause (ct 2).
- 7-12 Udari: Rise with weight on L foot and repeat pattern of Variation II, measures 1-6.

Variation IV - Tapping ("Tropoli")

- 1 A slight leap on R foot in place (cts 1-and). Tap ball of L foot slightly fwd (ct "ah"). Hop on R foot in place (cts 2-and). Tap L heel slightly fwd (ct "ah").
- 2 Repeat pattern of measure 1 reversing direction and footwork.

Note: In some regions of Thrace knees are lifted high during the tapping steps (Variation IV above). The tapping is always clear and the rhythm always precise. This Tropoli variation is used as a chorus for the following:

Variation V - Left Pump ("Levi hvuli")

- 1 Step-hop (R) fwd, pumping L heel across in front of R on the hop (cts 1-2).
- 2 Hop-step (R) bkwd (cts 1-2).

Variation VI - Next Step ("Zarodi")

- 1 Two running steps (R, L) fwd (cts 1-2).
- 2 Turning to face slightly R, step sdwd R on R foot (ct 1). Close and step on L foot beside R (ct "ah"). Step sdwd R on R foot (ct 2). Tap L heel slightly fwd (ct "ah").
- 3 R heel slightly fwd (ct 2).
- 4 A large step diagonally fwd R on R foot (ct 1). Closing L foot to R, a low jump on both feet slightly apart (ct 2).
- 5 Hop-step (R) bkwd (cts 1-2).
- 6-7 Levi hvurli: As V above measures 1-2.

Variation VII - Devil's step ("Po Vcertami")

- 1 Step fwd on R foot (ct 1-and). Brush L heel fwd (ct "ah"). Step fwd on L foot (cts 2-and) Brush R heel fwd (ct "ah").
- 2 Repeat pattern of measure 1.
- 3 Turning to face slightly R, step on R foot in place, raising L knee (ct 1). Pause (cts 2-and). Tap L heel slightly fwd (ct "ah").
- 4 Repeat pattern of measure 3 reversing direction and footwork.
- 5-6 Repeat pattern of measures 3-4.
- 7-10 As VI above, measures 4-7.

Variation VIII - Pick it up Lightly ("Leko Digni")

- 1-2 As VI above.
- 3 Turning to face center, step fwd on L foot (cts 1-and). Brush R heel slightly fwd (ct "ah"). Step slightly fwd on R foot bending R knee slightly, also pivoting hips slightly R and raising L knee slightly (ct 2).
- 4 Repeat pattern of measure 3.
- 5 Step diagonally fwd L on L foot (ct 1). Close and stamp R foot beside L without taking weight (ct 2).
- 6-7 Levi hvurli: As V above, measures 1-2.

Variation IX - Three Right, Three Left ("Trivdjasno, trivljava")

- 1 Step sdwd R on R foot (ct 1). Cross and step on L foot in back of R (ct 2).
- 2 Repeat pattern of measure 1.
- 3 Step sdwd R on R foot (ct 1). Bending slightly fwd, tap L heel slightly fwd (ct 2).
- 4-6 Repeat pattern of measures 1-3, reversing direction and footwork.
- 7-8 Levi hvurli: As V above, measures 1-2.

Variation X - Slap and squat ("Hlopka i kljakane")

- 1 Two running steps (R, L) fwd (cts 1-2).
- 2 Click R foot sharply against L, straightening knees (ct 1), pause (ct 2).
- 3 Repeat pattern of measure 1.
- 4 Slap R foot diagonally fwd R, knee straight (ct 1), pause (ct 2).
- 5 Slap R foot again (ct 1), pause (ct 2).
- 6 Slap R foot again, twice (cts 1-2).
- 7 Slap R foot again (ct 1), pause (ct 2)

- 8 Jump on both feet together and squat, knees together (ct 1), pause (ct 2).  
9 Rise, straightening knees, and a slight jump on both feet together, (ct 1), pause (ct 2).

Variation XI - ("Pusek")

- 1-2 As VI above.  
3 Turning to face slightly L, step on L foot in place, bending both knees (ct 1). Straightening L knee, stamp on R foot without taking weight (ct 2).  
4 Bend knees, raising R foot sharply (ct 1). Straightening L knee, stamp on R foot without taking weight (ct 2).  
5-6 Levi hvurli: As V above, measures 1-2.

Note: On Variation I, see Pravo Trakijsko for more variations of the basic Pravo above.

Note: Cestoto is danced throughout Thrace with innumerable variations; those above are from the villages of Padarevo, Petrovo, and Gorno Aleksandrevo, in the Sliven district.