

# Ginka

(Bulgaria)

This is a dance performed to the popular Pirin Macedonian song “Mitro le, Mitro” (Southwest Bulgaria). When performed by men only, this dance is danced with high jumps. The dance pattern includes 1 figure.

Pronunciation: GIHN-kah

Music: *From Bulgaria and Beyond* CD, Band 6. 7/8 meter (SQQ)

Formation: Open circle; hands joined in V-pos, facing LOD.

Steps & Styling: Typical for the men's style is high jumping and not holding hands in a line but dancing individually, one man behind the next in a circle. Women's steps are small and elegant.

## Meas

## Pattern

18 meas INTRODUCTION. 2 meas tarambuka plus 16 meas instrumental. Start with song.

## FIGURE

- 1 Hop on L with R raised (ct 1); step on R (ct 2) ; pause (ct 3).
- 2 Hop on R with L raised (ct 1); step on L (ct 2) ; pause (ct 3).
- 3 Hop on L with R raised (ct 1); hop on L (ct 2) ; step on R back to place (ct 3).
- 4 Step fwd on L (ct 1); turning to face ctr, jump on both ft (ct 2); pause (ct 3).
- 5 Still facing ctr, hop twice on R while circling L ft around and behind R (cts 1,2); step on L behind R (ct 3).
- 6 Turning to face LOD, step fwd on R (ct 1); step fwd on L (ct 2); pause (ct 3).

Presented by Daniela Ivanova