

GRŮČKOTO

(Pirin, Bulgaria)

This dance was learned from Maria Eftimova Karaleeva, a Bulgarian dance instructor popular in Germany. She also called the dance Sandansko Horo (not to be confused with Yves Moreau's). The dance has a "feel" similar to Miseralou and might get its name from the "grapevine" step and the "rocking" step common in the slow (varys) Hasapikos.

MUSIC:

FORMATION: Open circle with "W" hand position

METER: 2/4

PATTERN

Meas

Basic

- 1 Facing center but allowing upper body to follow movement, step L ft across in front of R ft (ct. 1); step R ft to R (ct.&); step L ft across and behind R ft (ct.2); step R ft to R (ct.&).
- 2 Step L ft across and in front of R ft (ct. 1); facing center, lift on L ft & bring R ft to front (ct.&); step R ft in front of L ft toward center (ct.2); rock back onto L ft in place (ct.&).
- 3 Step R ft back (ct. 1); rock forward onto L ft in place (ct.&); step R ft to R and rock slightly to R (ct.2); rock back L onto L ft (ct.&).
- 4 Step R ft across and in back of L ft to L (ct.1); step L ft to L (ct.&); step R ft across and in front of L ft (ct.2); lift on R ft and bring L ft around and in front preparing to begin dance (ct.&).

Variation

- 1 Repeat action of meas 1 above.
- 2 Step L ft across and in front of R ft (ct. 1); facing center, lift on L ft (ct.&); brush R ft slightly across and in front of L ft (ct.2); bounce slightly on L ft (ct.&).
- 3 Brush R ft slightly toward back (ct. 1); bounce slightly on L ft (ct.&); repeat action of cts 2,& of meas 3 above (cts.2,&).
- 4 Repeat action of meas 4 above.

Sequence: Basic 4x, Variation 4x
Basic 4x, Variation 4x
Basic 3x, Variation 3x

Presented by Steve Kotansky at the Laguna Folkdancers Festival 2001