

Hairedinski abdai

9/8a (QQQS) Hairedin village – NW Bulgaria

Presented by Iliana Bozhanova and Lyuben Dossev – 2000

The dance is mixed and is done in an open circle to the right.

Figure 1 – 6 measures – facing center with arms held down

Measure 1

1. Leap onto the right foot across the left
2. Leap onto the left foot in place
3. Leap onto the right foot next to the left
4. Leap onto the left foot in place

Measure 2

1. Leap onto the right foot across the left
2. Leap onto the left foot in place
3. Leap onto right foot across the left
4. Leap onto the left foot in place

Measure 3

1. Leap onto the right foot to the right (leap onto the ball of the foot first)
2. Step on the left foot across the right
3. Leap onto the right foot in place
4. Step on the left foot next to the right.

Measure 4 is the same as measure 1

Measure 5

1. Hop on the left foot
2. Kick the right foot down (spusik)
3. Hop on the left foot
4. Leap back onto the right foot

Measure 6

1. Hop on the right foot
2. Leap back onto the left foot
3. Leap back onto the right foot
4. Leap back onto the left foot

Figure 2 – 4 measures moving to the right in a circle

Measure 1

1. Hop on the left foot
2. Leap onto the right foot to the right in a circle
3. Leap onto the left foot to the right in a circle
4. Leap on to the right foot to the right in a circle

Measure 2 is the same as measure 1 with opposite feet

Measure 3 facing center

1. Hop on the left foot
2. Leap onto the right foot in place
3. Leap onto the left foot across the right
4. Leap onto the right foot in place

Measure 4 is the same as measure 3 with opposite feet

Arms for figure 2

The arms start from behind and swing forward and backward once in each measure.

Pattern

Introduction – 8 measures

Figure 1 – 6 measures – 4 times

Figure 2 – 4 measures – 4 times