

KYUSTENDILSKA NA LESA
(Bulgaria)

Source: This dance was learned by Glenn Nielsen in the summer of 1982 from Stoyan Tsankov, folklorist, choreographer, and director of the folk ensemble "Aprilov - Palauzov", Gabrovo, Bulgaria.

Music: XOPO Vol. I (LP), Nevafoon 15007, or Balkan-Arts LP "Kyustendilska Račenica"

Meter: 7/16 counted: 1-and, 2-and, 3-and-ah, or Quick, Quick, Slow.

Meas. Ct. Pattern

STEP I - "EDIN"

1	1	Facing slightly Left and moving Right (backwards), Hop on L leaving R low to the ground
	2	Step Back on R
	3	Step back on L
2		REPEAT pattern of meas 1
3	1	Facing center step on R to Right
	2	Step on L in front of R
	3	Step on R to R
4	1	Step on L behind R
	2	Step on R to R
	3	Step on L in front of R
5	1	Step on R to R
	2	Step on L behind R
	3	Step on R to R
6	1	Hop on R in place
	2-3	Two scissors steps in place (L,R)
7		REPEAT pattern of meas 6
8	1	Hop on R lifting L leg high
	2	Step on L in place
	3	Lift R leg high and slightly in front of L with slight drop of R shoulder
9	1	Facing center, touch R in place
	2	Small bounce on L
	3	Small step on R in front of L
10		REPEAT pattern of meas 9 with opposite footwork

KYUSTENDILSKA NA LESA cont.

Meas. Ct. Pattern

Step II - "DVA"

- 1-7 REPEAT pattern of meas 1-7, Step I - "EDIN"
- 8 1 Slight hop on R lifting L leg
 2 Step on L in place
 3 Touch R toe to floor in front of L
- 9 1 Leap onto balls of both feet in place facing diag R;
 feet should be shoulder width apart, knees almost
 straight
 2 Slight hop onto R in place
 3 Step on L directly in front of R with knees very bent,
 leaving R foot in contact with floor
- 10 1 Rock back onto R in place
 2 Step on L directly behind R with knees bent
 3 Step on R in place
- 11 1-2 Slight hop on R in place, turning to face diag R
 3 Bring L leg around in small arc & step heavily forward
 on L with knees very bent (this should not be a stamp!)

Step changes occur at the direction of the leader somewhere within the sequence common to both steps. The steps should flow easily from one to the other, repeating each three or four times.

Description by Thomas Deering