

Nevrokopsko (Ljaski)

(Pirin, Bulgaria)

SOURCE: Maria Eftimova
MUSIC: Laguna Folkdancers Festival 2006 CD
FORMATION: Open circle with a "V"- hold
RHYTHM: 8/8 (quick-slow-slow)
Dancer's cts: 1 - 2 - 3

METER: 8/8

PATTERN

Meas

Figure 1

- 1 Facing center, Lift on Lft (ct 1); Step Rft to R (ct 2); Step quickly on Lft beside or slightly behind Rft (ct&); Step Rft to R ct 3).
- 2 Lift on Rft (ct 1); Step Lft behind Rft and to R (ct 2); Touch Rft with a slight accent and, lift it immediately (ct 3).
- 3 Reverse action of meas 2 in place.
- 4 Repeat action of meas 2 in place.

Figure 2

- 1 Repeat action of meas 1 of Figure 1.
- 2 Lift on Rft (ct 1); Step Lft fwd twd center (ct 2); Lft on Lft and lift Rft slightly up and behind (ct 3)
- 3 Lift on Lft (ct 1); Step Rft back (ct 2); Lift on Rft (ct 3).
- 4 Reverse ftwk and direction of meas 1.
- 5 Reverse ftwk of meas 2 of Figure 2.
- 6-8 Repeat action of meas 2-4 of Figure 1 in place.

Note: Arms swing fwd on ct 1 and, back cts 2,3.