

# Radoychovata

(From the Svoge area, Shopluk, Bulgaria)

Meter: 2/4 - Styling is bouncy. Arms are in a belt hold (na lessa).

Figure 1: Weight is on L foot

Measures

1-2 Four steps to R (LOD)

3 Step-bounce on R to R

4 Step-bounce on L to R

5 Step onto R and lean to R facing center

6 Step on L to L, step on R to L in front of L

7 Step on L to L, step on R to L behind L

8 Small step back away from center and bounce on L, leaning to L

9 Small step back away from center and bounce on R, leaning to R

10 Same as meas.8

Figure 2: When tempo is faster

Measures

1-2 Four running steps to R

3-4 Same as in Figure 1 but backwards in LOD

5 Leap onto R turning to R, kick with L to R in front of R

6-10 Same as in Figure 1.

Variations:

Measures

3 Bounce on L, R hooks in front of L, step on R to R

4 Bounce on R, reel step with L behind R, pivoting to L

5 Leap onto R, stamp with L heel near R toe (or a R foot slap to R), pivoting to R

8 "Natrisane" starting with L, facing center: closing L to R, bounce on both feet (1); bounce on R, lifting L a bit ("and"); step on L (2). (Or Step back on L and hop.)

9 "Natrisane" starting with R

10 "Natrisane" starting with L

Figure 3: Face center

Measures

1 Step diagonally forward on R (1); step on L behind R ("and"); step forward on R (2)

2 Same as Measure 1 but with opposite footwork to the L

3-4 Same as Measures 1-2

5 Leap onto R, kick with L

6-7 Four running steps backward

8-10 "Natrisane" as in Measures 8-10 in the variations of Figure 2.

*Described and presented by Yuliyana Yordanov, © 2004*