

TRANSLATION & ORIGIN : Lent chain dance done by girls and young women during the St. Lazarus Day (Lazaruvanè) celebrations in the Strandza Mountain Region, Eastern Trakija, Bulgaria.

METER : 2/4

SOURCE : Jaap Leegwater learned this dance in Bulgaria from Dimitar Dojčinov, Plovdiv in Januari 1988.

MUSIC : - Cassette Jaap Leegwater JL1988.04 # 19
- LP Balkanton BHA 11680. Side A, Band 1.
"Moma snežec navaljalo"
perf. by Todor Kušuharov

STYLE : Characteristic is the "Buenek basic step" performed as a "step-dip" step.

FORMATION : Half or open circle standing close to each other. Hands held down at side in V-position.

INTRODUCTION : 32 measures

MEAS PATTERN Part 1

1 facing and moving in LOD,
 step on R ft straightening both knees (ct 1),
 small step (fall) on L ft slightly bending L knee (ct2)

2-6 repeat action of meas 1 six more times

7 small step on R ft (ct 1), small step on L ft (ct 2)

8 small step on R ft (ct 1),
 fall onto L ft, slightly lifting R knee in front (ct 2)

9-16 repeat action of meas 1-8

17 facing ctr, moving sdwd R,
 step on R ft straightening both knees (ct 1),
 step (fall) on L ft next to R ft slightly bending
 L knee (ct 2)

18-22 repeat action of meas 16 six more times

23 dancing in place,
 small step on R ft (ct 1), small step on L ft (ct 2)

24 small step on R ft (ct 1),
 step (fall) on L ft next to R ft, slightly lifting
 R knee in front (ct 2)

(continued)

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MEAS PATTERN Part 2

STEPS

- 1-4 facing and moving twd ctr,
with the same basic "step-dip" step as in meas 1-4 of Part 1
- 5 step on R ft slightly sdwd R (ct 1),
stamp with L ft, without wt, next to R ft (ct 2)
- 6 step on L ft slightly sdwd L (ct 1),
stamp with R ft, without wt, next to L ft (ct 2)
- 7 repeat action of meas 6
- 8 stamp with L ft, without wt, next to R ft (ct 1),
hold (ct 2)
- 9-16 repeat action of meas 1-8 with opposite ftwk & directions

ARMS

- 1-3 Held in W-position, move the hands in a short and small
movement upward (ct 1) and back (ct 2)
- 4 straighten and swing arms up and fwd (ct 1),
to bkwd low (ct 2)
- 5 swing arms down (ct 1), fwd low (ct 2)
- 6 swing arms down (ct 1), bkwd low (ct 2)
- 7-8 like in meas 5-6
- 9-16 repeat action of meas 1-8

Part 3

- 1 facing ctr, moving sdwd L,
strong step on R ft fwd in front of L ft (ct 1),
step back on L ft (ct 2)
- 2 step on R ft bkwd behind L ft (ct 1),
step back on L ft (ct 2)
- 3-14 repeat action of meas 1-2 six more times
- 15 dancing in place,
step on R ft (ct 1), step on L ft (ct 2)
- 16 stamp with R ft, without wt, next to L ft (ct 2),
take wt off R ft (ct 2)

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Presented by Jaap Leegwater at Maine

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