

**Abdal**

*This is a male-female dance from the village of Gradets (Vidin area, Northwest Bulgaria). The dance is in 9/8 (2 2 2 3)*

**Starting position:** open circle; belt hold (“na lessa”)

**Dance pattern:** one figure in 6 measures

**First measure:**

- On “and” (before to start)- R is in an outward flexion
- On “one” – R tips the L
- On “two” - step on L in place, R executes outward flexion
- On “three” – R tips the L
- On “four” - step on L in place, R executes open flexion

**Second measure:**

- On “one” and “two”- hop on R; L executes small circle (down-up)
- On “three” - hop on R
- On “four” - step on L in place

**Third measure – as the First****Fourth measure:**

- On “one” - step on R to the right
- On “two” – cross step on L in front of R to the right
- On “three” - step on R to the right
- On “four” - cross step on L behind the R to the right

**Fifth measure:**

- On “one” - step on L in place
- On “two” - step on R in place
- On “three” and “four” - step on L forward

**Sixth measure:**

- On “one” and “two” step on R in place

On “three” and “four” step on L in place