

ABDALA (Ahb-dah-LAH)
(also called VLASKO DAJCOVO HORO) (VLAHSH-koh DYE-choh-voh hoh-ROH)
(Bulgaria)

Learned by Yves Moreau during March, 1970 from Nikola Vajtušev, a 75-yr old man from the village of Vrâv, Vidin District. The dance is quite common throughout the villages in the most northwest area of Bulgaria along the Danube. It is danced by the Vlachs (Romanian minorities). The term "Vlachs" refers to Bulgarians who fled to Romania during the Turkish occupation and remained there for several centuries, settling mostly in Banat, Oltenia, and Wallachia (from which the word Vlach is derived). After the Turks left, the Vlachs returned to Bulgaria, but by that time they had lost most of their Bulgarian characteristics and were more Romanian in their culture.

Music: Balkanton BHA 734, side 2, band 4. 9/16 meter: 1-2, 1-2, 1-2, 1-2-3.
Counted here as 1, 2, 3, 4.
Formation: Short, mixed lines, belt hold, L over R. If no belt, joined hands down at sides. Face LOD, wt on L ft.
Style: Erect, proud carriage; knees bent slightly. Steps are small and sharp. Dance has a rather heavy quality. Leader indicates change in pattern at his discretion.

Meas. No introduction. Leader may start at the beginning of any 8-meas musical phrase.

I. ROCK

- 1 Moving LOD, lift on L (ct 1); step fwd R (2); lift on R (3); step fwd L (4).
- 2 Lift on L (1); turning to face cntr, step R to R (2); step L behind R (3); step R to R (4).
- 3 In place, low hop on R, bringing L around in front of R, L knee bent (1); step on L in front of R, leaving R in place (2); rock back on R (3); rock fwd on L (4).
- 4 Repeat action of meas 3 with opp ftwk.
- 5-8 Repeat action of meas 1-4, reversing ftwk and direction.

II. CLICK

- 1 In place, facing slightly L of cntr, step R in front of L (1); step back onto L in place (2); step fwd onto R (3); step back onto L, lifting R ft to R side, knees close together (4).
- 2 Close R to L with a sharp click, wt on both ft equally (1); small hop on L, raising R to side again (2); repeat for cts 3, 4.
- 3-8 Repeat action of meas 1-2, Part II, 3 more times (4 in all). On final ct raise R knee in preparation for next step.

III. JUMP

- 1 Facing and moving LOD lift on L (1); step fwd R (2); lift on R (3); step fwd L (4).
- 2 Turning to face cntr, step R to R (1); step L across in back of R (2); step R in place, raising L ft to L side, knees close together (3); close L to R with sharp click (4).
- 3 Jump to stride posn (1); jump to ft together posn (2); repeat for cts 3, 4.
- 4 Hop on L in place (1); step R to R (2); step L in front of R (3); step back on R in place (4).
- 5-8 Repeat action of meas 1-4, Part III, reversing ftwk and direction.

IV. STAMP

- 1 Face cntr, step on ball of R ft in front of L, equal wt on both ft (1); take full wt on R bending knee; body bends fwd from waist; L ft brought up sharply behind R, knee bent and turned out (2); step back on ball of L ft, equal wt on both ft (3); take full wt on L ft, raise R leg sharply in front, knee bent (4).
- 2 Small leap to R on R (1); stamp L next to R, no wt (2); small leap to L on L (3); stamp R next to L, no wt (4).
- 3-8 Repeat action of meas 1-2, Part IV, 3 more times.