

1970 SAN DIEGO STATE COLLEGE FOLK DANCE CONFERENCE

ABDALA also called VLAŠKO DAJČOVO HORO  
(Bulgaria)

Ahb-dah-LAH VLAHSH-koh DYE-choh-voh Hoh-ROH

Learned by Yves Moreau during March, 1970, from Nikola Vajtušev, a 75-year 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 (Rumanian minorities).

The term "Vlachs" refers to Bulgarians who fled to Rumania 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 Rumanian 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

Pattern

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 (ct 2). Lift on R (ct 3). Step fwd L (ct 4).
- 2 Lift on L (ct 1). Turning to face otr, step R to R (ct 2). Step L behind R (ct 3). Step R to R (ct 4).
- 3 In place, low hop on R, bringing L around in front of R, L knee bent (ct 1). Step on L in front of R, leaving R in place (ct 2). Rock back on R (ct 3). Rock fwd on L (ct 4).
- 4 Repeat action of meas 3 with opp ftwork.
- 5-8 Repeat action of meas 1-4, reversing ftwork and direction.

II. CLICK

- 1 In place, facing slightly L of otr, step R in front of L (ct 1). Step back onto L in place (ct 2). Step fwd onto R (ct 3). Step back onto L, lifting R ft to R side, knees close together (ct 4).
- 2 Close R to L with a sharp click, wt on both ft equally (ct 1). Small hop on L, raising R to side again (ct 2). Repeat for ots 3, 4.
- 3 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 (ct 1). Step fwd R (ct 2). Lift on R (ct 3). Step fwd L (ct 4).
- 2 Turning to face otr, step R to R (ct 1). Step L across in back of R (ct 2). Step R in place, raising L ft to L side, knees close together (ct 3). Close L to R with sharp click (ct 4).

*Cont*

1970 SAN DIEGO STATE COLLEGE FOLK DANCE CONFERENCE

ABDALA (continued)

- 3        Jump to stride pos (ot 1). Jump to ft together pos (ot 2).  
Repeat for ots 3, 4.
- 4        Hop on L in place (ot 1). Step R to R (ot 2). Step L in front of  
R (ot 3). Step back on R in place (ot 4).
- 5-8      Repeat action of meas 1-4, Part III, reversing ftwork and direction.

IV. STAMP

- 1        Face ctr, step on ball of R ft in front of L, equal wt on both ft (ot 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 (ot 2). Step back on ball  
of L ft, equal wt on both ft (ot 3). Take full wt on L ft, raise R leg  
sharply in front, knee bent (ot 4).
- 2        Small leap to R on R (ot 1). Stamp L next to R, no wt (ot 2). Small  
leap to L on L (ot 3). Stamp R next to L, no wt (ot 4).
- 3-8      Repeat action of meas 1-2, Part IV, 3 more times, exactly.

Presented by Yves Moreau

Notes by Bev and Ginny Wilder