

AJ DA IDEM JANO

TRANSLATION : "Let's go, Jano".
AND This is a popular dancesong from the region
BACKGROUND of the town Sandanski in Southern-Pirin,
Bulgaria.

STYLE : Macedonian ; light, bouncy and jumpy.

MUSIC : Record "Folk Dances from Bulgaria"
Balkanton BHA 10441. Side I, Band 5.

METER : 2/4

FORMATION : Half- or open circle. Hands hold in V-position.

INTRODUCTION : 8 measures

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1	facing and moving LOD, step on R ft (ct 1), step on L ft (ct 2)	
2	step on R ft (ct 1), step on L ft (ct &), step on R ft, bending R knee (ct2-&),	
3	repeat action of meas 2, reversing ftwk	
4	leap onto R ft sdwd R, raising L knee in front and turning face ctr (ct 1), leap onto L ft in front of R ft (ct &), leap onto R ft in place (ct 2)	
5	keep facing ctr, moving sdwd L, step on L ft sdwd L (ct 1), step on R ft in front of L ft (ct 2)	
6	step on L ft sdwd L (ct 1), step on R ft in front of L ft (ct &), step on L ft sdwd L (ct 2)	
7	small step on R ft bkwd, bending slightly fwd and swing arms bkwd (ct 1), step on L ft next to R ft (ct &), small step on R ft fwd and straighten back (ct 2)	
8	repeat action of meas 7, reversing ftwk	

Part 2

1-6	repeat action of meas 1-6 of Part 1
7	jump on both feet in place, bending both knees (ct 1), hold (ct 2)
8	turning face LOD in the next two cts : leap onto R ft, swinging L heel bkwd (ct 1), leap onto L ft, swinging R heel bkwd (ct 2)

Cont

AJ DA IDEM JANO (continued)

MEAS

PATTERN

Part 3

1-5

6

repeat action of meas 1-5 of Part 1
leap onto L ft, turning face LOD (ct 1),
still facing LOD, step on R ft bkwd (ct &),
step on L ft in place (ct 2)

7

8

repeat action of meas 6, reversing ftwk and direction
turning face LOD in next two cts :
hop on R ft, raising L knee in front (ct 1),
leap onto L ft, swinging R heel bkwd (ct 2)

SEQUENCE OF THE DANCE

Introduction : 8 measures

Part 1 3x

Part 2 1x

Part 3 3x

Part 2 1x

Part 1 3x

N.B. Finish the dance by slowing down the last two
measures and adding a close and step on R ft next to
L ft.