

AJ DA IDEM JANO
Bulgaria

This is a popular dance-song from the region of the town,
Sandanski, in southern-Pirin.

TRANSLATION: Let's go, Jano.

RECORD: "Folk Dances from Bulgaria," Balkanton BHA 10441, Side
1, Band 5.

STYLE: Macedonian: light, bouncy and leapy.

FORMATION: Half or open circle, Hands joined in "V" pos.

METER: 2/4 PATTERN

Meas.

INTRODUCTION: 8 Meas.

PART 1:

- 1 Facing and moving in LOD, step R-L (ct 1-2);
- 2 Step R (cts 1-2); ~~BENDING R KNEE~~
step on R, ~~bending R knee~~ (ct 2-&).
- 3 Repeat meas 2, with opp ftwk.
- 4 Leap R sdwd R, raising L knee in front and turning to face
ctr (ct 1);
leap L in front of R (ct &);
leap R in place (ct 2).
- 5 Facing ctr and moving sdwd L,
step L sdwd L (ct 1);
step R in front of L (ct 2).
- 6 Step L sdwd L (ct 1);
step R in front of L (ct &);
step L sdwd L (ct 2).
- 7 Small step bkwd on R, bend slightly fwd and swing arms bkwd
(ct 1);
step L next to R (ct &);
small step R fwd, straightening body (ct 2).
- 8 Repeat meas 7, with opp ftwk.

PART 2:

- 1-6 Repeat meas 1-6 of Part 1. (RL, RLR w/bend; LRL w/bend; leap
RLR)
- 7 Jump on both ft in place, bend both knees (ct 1);
- 8 Turning twd LOD in the next 2 cts: leap on R, swinging L heel
bkwd (ct 1);
leap on L, swinging R heel bkwd (ct 2).

PART 3:

- 1-5 Repeat meas 1-5 of Part 1. (RL; RLR w/bend; LRL w/ bend;
leap RLR; L sd, Rx)
- 6 Leap on L, turning to face LOD (ct 1);
still facing LOD, step R bkwd (ct &);

PART 3:

- 1-5 Repeat meas 1-5 of Part 1. (RL; RLR w/bend; LRL w/ bend;
leap RLR; L sd, Rx)
6 Leap on L, turning to face LOD (ct 1);
still facing LOD, step R bkwd (ct 2);
step L in place (ct 2).
7 Repeat meas 6, with opp ftwk and dir.
8 Turning twd LOD in the next 2 cts:
hop on R, raise L knee fwd (ct 1);
leap on L, swing R heel bkwd (ct 2).

DANCE SEQUENCE:

Introduction: 8 meas
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 2 meas and adding
a close and step R next to L.

Presented by Jaap Leegwater
UCSB Statewide 1985

Description by Jaap Leegwater © 1983