

Angelovata

(Bulgaria)

This is a dance from Gorna Lipnitsa (North Bulgaria). It is a dance for both men and women, holding palms in a circle. The performers are randomly arranged – no pattern is followed (man, woman, man, etc). Men dance with a rather characteristic “jumpy” fashion compared to women, and particularly the squats which - depending on the mood - are performed in a variety of ways.

Pronunciation:

Music: The dance is performed either with instrumental or vocal accompaniment.
CD: CD1, Band 1; CD2, Band 2.

Rhythm: 7/16 meter (2 2 3), counted 1 2 3.

Formation: Mixed open circle of dancers, hands joined in V-pos, elbows bent.

Steps: Liush napred (Swing forward): Step fwd on L, lifting R ft (ct 1); hop twice on L while R is bent at the knee and is a little ahead of the L ft (cts 2,3).
Liush nazad: Same as Liush napred, but performed bkwd, starting with R.
Graovka: Hop on R, lifting L ft (ct 1); step on L to L (ct 2); step on R behind L (ct 3),
Stapka s podskok (Hopping step): Step on L to L (ct 1); bring R ft in front of L and take the “inner flexion” position (cts 2-3).
Rachenichna: Step fwd on R (ct 1); step fwd on L (ct 2); step fwd on R (ct 3). *Note*: On ct & before the beginning of ct 1, the R foot is lifted off the ground. The motion may be performed starting with the other ft.
Zemetnata: Step on R with a marked squat (ct 1); hold (ct 2); step on L behind R (ct 3).

Meas

Pattern

- | | |
|-----|---|
| 1 | Liush napred (swing forward starting with L). Beginning on ct 1, bring arms fwd and up, straightening elbows, then swing arms back to orig pos. |
| 2 | Liush nazad (swing back starting with R). Repeat arm motion of meas 1. |
| 3-4 | 2 Graovka (moving slightly to the L). Repeat arm motion of meas 1 twice. |
| 5 | Stapka s podskok (hopping step). Arms are bent at the elbows and brought close to the body. |
| 6-7 | 2 Rachenichna (forward, sharply to the R). Arms remain bent at the elbows and brought close to the body. |
| 8 | Zametnata. Repeat arm motion of meas 1. |
| 9 | Stapka s podskok (starting with R). Arms are bent at the elbows and brought close to the body. |

Dance repeats from the beginning.

Presented by Daniela Ivanova

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Angelovata—continued

Song Words

Prochul se Angel targovets

Prochul se, prochul se, prochul se Angel targovets
Prekupil, prekupil, prekupil Angel gadulki,
gadulki, gadulki, gadulki, oshte kraleta.

Dano go, dano go, dano go ljubjat momite,
Momite, momite, momite po sedjankite,
I oshte, I oshte, I oshte po beljankite.

This song tells us the story of a merchant named Angel, who wants to buy all different kinds of musical instruments to become famous, and to win maidens' respect and love.