

Bera

(Šopluk, Bulgaria)

Bera means "to pick up" and describes dance movements of agricultural activity. This is a mixed line dance popular in a couple of villages in Graovo region: Režanci, Konska, Viskjar, Velkovci. The present version has been observed in the village of Noevci performed by women. The source for this dance is the Group for Authentic Dances, performed at Koprivštica 1986.

Pronunciation: BEH-rah.

Cassette: Folk Dances from Bulgaria - NK 1994.02 / A9.

Any other instrumental or song piece in 7/8 for slow Graovskav Râčenica, having appropriate pattern could be used as well.

Rhythm: 7/8 meter counted 1, 2, 3.

Formation: Open circle, hands in belt-hold position, L over R.

Styling: Šopski styling includes: light steps with three bounces per meas (cts 1, 2, 3). Arms are relaxed at wrists and shoulders and bounce in accordance with the rhythm of the steps. The body is straightened, bending, when needed, not at waist but at hips. All the leaps can be done as steps, and all the hops as taps on low energy level.

Meas

Pattern

12 meas INTRODUCTION No action.

FIGURE I: KROTKO (KROHT - koh)

- 1 Moving in LOD, tap L heel, lifting and pumping R knee fwd low (ct 1); step fwd on R, bending R knee (ct 2); step fwd on L (ct 3).
- 2-3 Repeat meas 1 two times.
- 4 Facing ctr, step sdwd on R to R (cts 1,2); touch L toe across in front of R, tapping R heel (ct 3).
- 5 Repeat meas 4 with opp ftwk.
- 6 Repeat meas 4.
- 7-12 Moving RLOD, repeat meas 1-6 with opp ftwk.

FIGURE II: SOVAJ (SOH-vahih)

- 1-3 Moving LOD, repeat Fig I, meas 1-3.
- 4 Facing ctr, leap onto R to R (ct 1); step on L in front of R, keeping R ft on the floor (ct 2); tap L heel, swinging it to R, simultaneously lifting R and taking fast step on the same spot behind L (ct 3).
- 5 Repeat meas 4 with opp ftwk.
- 6 Repeat meas 4.

Bera—continued

FIGURE III: KOPAJ, BIJ (KOH-pahih BEE)

- 1 Facing ctr, leap onto L in place, extending R leg fwd low (ct 1); leap onto R in place, extending L leg fwd low (ct 2); stamp on L heel in front of R, bending R knee (ct 3).
- 2 Leap bkwd onto L (ct 1); leap onto R in place, turning L heel out (ct 2); hop on R, closing L with sharp click against R without wt (ct 3).
- 3 Hop on R ft, lifting L knee (ct 1); leap onto L in place, turning R heel out (ct 2); hop on L, closing R with sharp click against L without wt (ct 3).
- 4 Moving RLOD, hop on L fwd, brushing R toes bkwd next to L heel (cts 1,2); hop fwd on L, brushing R toes bkwd next to L heel (ct 3).
- 5 Hop on L in place, lifting R knee (ct 1); step on R in front of L, keeping L ft on the floor (ct 2); turning to face ctr, tap R heel, turning it in, simultaneously lifting L ft and taking a fast step behind R (ct 3).
- 6 Leap sdwd onto R to R; step on L in front of R, keeping R ft on the floor (ct 2); tap L heel, turning it in, simultaneously lifting R ft and taking a fast step on the same spot behind L ft (ct 3).
- 7-12 Repeat meas 1-6.

SUGGESTED SEQUENCE:

Fig I once, Fig II once, Fig III once.

Repeat the three figures with opp ftwk and direction.

Keep this structure till the end of the dance.

Presented by Nina Kavardjikova
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