

DJADO MITJOVATA

Bulgaria

TRANSLATION : "Grandfather Mitjo's dance" is an original line-dance from the village of Kabile in the Jambol district of Eastern Trakia, Bulgaria.
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 ORIGIN The dance was named after, and in honor of, one of the village's beloved and well respected line leaders *Djado Mitjo*.
 Today's leader, Todor Krâstev, still recalls Djado Mitjo as saying:
 "the slower and relaxer the dance the better. After all it's a dance for us elderly folks".

METER : 2/4  or 

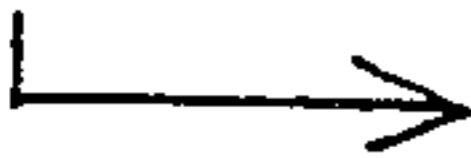



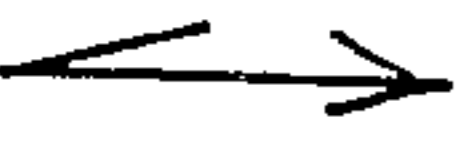




MUSIC Cassette "FOLK DANCES FROM BULGARIA" - JL1997.04
 with Jaap Leegwater Side B, Nr, 15.

STYLE : *Trakijski* , and for the performance of this dance in particular:
 - a relaxed and bouncy character
 - small lift on cts & before each measure.

SOURCE : Learned,notated and recorded in the village of Kabile as danced by the local *folklorna grupa* and played by their musical group in the summer of 1995 during the Folklor Balkana Summer Dance Seminar.

FORMATION Open or half circle. Hands held at W-position.

INTRODUCTION: 10 bars

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>ARMS</u>
	1	1	 step on R ft	fwd low
		&	 step ("fall") on L ft behind R ft	bkwd low
		2	 step on R ft	fwd low
	2	1	 step on L ft	fwd low
		&	 step ("fall") on R ft slightly behind L heel	bkwd low
		2	 step on L ft	fwd low
	3	1	step on R ft slightly sdwd R	W-position
		2	bounce on R ft, swinging L leg in front	
	4	1	step on L ft slightly sdwd L	W-position
		2	bounce on L ft, swinging R leg in front	