

Gamsovjana  
(Vlach, North Bulgaria)

Source: Maria Eftimova  
Recording: Seminar CD  
Formation: Lines with a belt-hold  
Music: 2/4

Meas

Part A

- 1 Facing center, Step Rft to R (ct 1); Step Lft to R crossing behind Rft (ct &); Leap Slightly onto Rft to R (ct 2); bending slightly fwd at waist, cross and step on Lft in front of Rft (ct &).
- 2 Step Rft to R (ct 1); Step Lft to R crossing behind Rft (ct &); Step Rft to R (ct 2); Bounce on Rft and extend Lft fwd low (ct &).
- 3-4 Reverse ftwk and direction of meas 1-2.
- 5-8 Repeat meas 1-4.

Part B

- 1 With R leg extended fwd, Rft touching ground, Hop 4 times on Lft in place (cts 1,&2,&).
- 2 Leap onto Rft beside Lft and extend Lft fwd, touching ground and, Hop 4 times on Rft in place (cts 1,&2,&).
- 3 With Rft fwd, jump onto both feet with a sharp accent, knees slightly bent (ct 1); With Lft fwd, Hop 3 times on Rft (cts &,2,&).
- 4-5 Repeat action of meas 3.
- 6 Step Lft fwd with slight accent (ct 1); bounce (čukče) on Lft (ct &); Step Rft fwd (ct 2); bounce (čukče) on Rft (ct &).
- 7 Step Lft back (ct 1); Step Rft back (ct &); Step Lft back (ct 2); Bounce on Lft and extend Rft fwd low (ct &).
- 8 Step Rft to R (ct 1); Bounce on Rft and extend Lft fwd (ct &); Step Lft to L (ct 2); Bounce on Lft and extend Rft (ct &).
- 9-16 Repeat action of meas 1-8 of Part B.

Part C

- 1 Turning to face slightly L of center, Stamp Rft beside Lft (cts 1,&2); Step Rft to R and face slightly R of center (ct &).
- 2 Reverse action of meas 1 Part C.
- 3 Turning to face center, Stamp Rft fwd (ct 1); Step Rft fwd (ct &); Stamp Lft slightly fwd 2 times (cts 2,&).
- 4-6 Repeat action of meas 6-8 of Part B.
- 7-12 Repeat action of meas 1-6 of Part C.

Sequence: ABACABAC

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