

Glava Li Ta Boli

Bulgarian

History

A Bulgarian dance, I learnt it from Steve Kotansky in 1998.

Rhythm

The music is in 7/8 time, danced as 3-2-2.

Steps

Start in a line with arms in a V hold, facing centre.

Step to the side with the right foot (slow), lift the left in front (quick) and step across with the left (quick).
Repeat.

Step to the side with the right (slow), touch-close with the left (quick) and hold it (quick).

Step forward with the left (slow), touch-close with the right (quick) and hold it (quick).

Step back with the right (slow), touch-close with the left (quick) and hold it (quick).

Step to the side with the left foot (slow), lift the right in front (quick) and step across with the right (quick).
Repeat.

Step to the side with the left (slow), touch-close with the right (quick) and hold it (quick).

Music

Findhorn 2 - Summer 2004 produced by Steve Kotansky, available from me.

Start the dance with the singing.

Dance description by Andy Bettis 11/2002
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