

Graovsko

(Bulgaria)

This dance is from the Sop region, Western Bulgaria. I learned it from Ventzi Sotirov, August Camp, 1995

Meter: 2/4

Formation: Hands joined down, open circle

Meas

Pattern

- 1 Moving backwards in LOD: hop on L, R, L (1&, 2)
- 2 Turning to face LOD: Leap R, L (1, 2); R (Aah@, a very quick running step before falling on L in first beat of next meas)
- 3 Fall fwd (in LOD) on L, Hop or chug fwd on L (1, 2)
- 4 Fall fwd on R while doing a low reverse bicycle motion with L beside R (1); hop (chug) fwd on R while repeating same reverse bicycle motion with L (2)
- 5 Facing center and moving RLOD: hop R, side L, cross R over L
- 6 Still moving RLOD: hop R, side L, cross R behind L
- 7 Leap onto L in place, still facing center, as you raise right knee high in front of or slightly across L (1); repeat previous beat with opp ftwk (2)
- 8 Repeat beat 1, previous meas (1); repeat beat 2 previous meas, except twist slightly back (CW) and away from center (2)
- 9 Step small step L fwd toward and facing center (1); Swing R around and high and with straight leg in front of L (2)
- 10 Touch R across L rising on balls of both feet (1); fall on R in place (2)
- 11 Swinging L in a low CW arc from behind, close L to R, rising on balls of feet, weight mostly on R (1); Fall fwd on L crossing in front of R (2)
- 12 hold from previous meas (do nothing) (1); short quick leap fwd onto R across L (&); short quick leap onto L across R twisting to face (mostly) RLOD (2)

Dance notes by Gary Diggs, 10-16-05

Presented by Gary Diggs
Camp Hess Kramer Institute
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