

Gruchkoto

(The name of the dance is a dialectal word from Pirin mountain area and in translation it means "The Greek one")

Meter: 2/4. The dance can be done to many different pieces of music (especially songs in modern ethno-pop style). Arms are in W-hold with subtle circular motions most of the time throughout the dance.

Measures

1. Step on L to R crossing in front of R (1); step on R to R (2).
2. Step on L to R crossing behind R (1); step on R to R (2).
3. Step on L to R crossing in front of R (1); pause (2).
4. Lift R in front of L, subtle bouncing on L.
5. Bend R behind L knee, subtle bouncing on L.
6. Step and lean on R to R (1), lean on L (2).
7. Step on R to L crossing behind L (1); step on L to L.
8. Step on R to L crossing in front of L (1); pivot on R to R (2).

Variations are on the measures indicated below.

Variation 1:

Measures

4. Small step forward on R(1); step on L in place (2).
5. Small step back on R bending L knee (1); bend R behind L knee (2).

Variation 2:

Measures

3. Step on L (1); leap onto R (2).
4. Close L to R (1) pause (2).
5. Bend and twist both knees CCW.
6. Bend and twist both knees CW.