

Izfurli Kondak

(Bulgaria)

Record: Folkraft LP-26, side A band 2 (2:37) - gajda & gudulka.

Formation: Line dance for men and women separately, no partners. Belt hold. Feet spread wide apart, weight on R foot.

Variation Ia

- 1 Shift weight to L foot, leaning slightly to L (ct 1). Flex knees slightly (ct 2).
- 2 Repeat pattern of measure 1 reversing directions and footwork.
- 3-4 Repeat pattern of measures 1-2.
- 5-7 Turning to face slightly and moving L, six running steps fwd starting with L foot. (Note: there is more emphasis on the R foot than on the L, almost a running on ball of L foot but on whole R foot.)
- 8 Hop on R foot, swinging L foot in a small arc and turning to face slightly R (ct 1). Facing slightly and moving R, step fwd on L foot (ct 2).
- 9 Two running steps (R, L) fwd (cts 1-2).
- 10 Turning to face center, step sdwd R on R foot, leaning slightly to R and keeping L foot in place so feet are spread wide apart (ct 1). Flex knees slightly (ct 2).

Variation Ib

As Ia above except stamp during the running steps of measures 5-7.

Variation III

- Men only.
- 1-6 As I above (only four running steps).
  - 7 Jump on both feet, turning to face slightly R and bending knees slightly (ct 1). Jump up, high, in place bending knees to tuck feet up behind (ct 2).
  - 8 Land on both feet, bending knees slightly (ct 1). Pause, freeing R foot (ct 2).
  - 9-10 As I above.