


Kako Kostadine

(Bulgaria)

Kako Kostadine is the name of the accompanying song to which the dance is originally performed. Kostadin is a man's name. The dance is from Western Bulgaria, known as the ethnographical region of Šopluk. Kako Kostadine was introduced at the 5th Bulgarian Summer Dance Seminar, August 1991 in Bansko, Bulgaria by Velko Jovkov, dance instructor, and Toško Todorov, accordionist.

Pronunciation:

Music: Cassette "Folk Dances from Bulgaria" JL1992.02 Side A/8

Meter: 2/4 
1 & 2 &

Formation: Open or half circle. Hands joined in W-position.

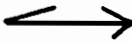

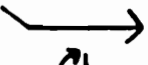
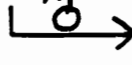

Style: Šopski:

Small and energetic steps


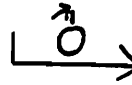
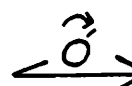


Upper part of the body moves slightly fwd in coordination with leg and knee liftings.

Keep shoulders relaxed so they can bounce naturally to the rhythm of the steps.

Both music and dance performance reflect the typical light and bouncy styling characteristic for the Graovo region, which is part of Šopluk.

Direction	Meas	Ct	Pattern
	16 meas		<u>Introduction</u> . No action.
	1	1	Step on R ft.
		2	Step on L ft.
	2	1	Step on R ft.
		&	Step on L ft across behind R ft.
		2	Step on R ft.
	3	1	Step on L ft.
		&	Step on R ft.
		2	Step on L ft.
	4	1	Step on R ft, extending L leg (slightly turned out) sdwd L.
		2	Hop on R ft, bending L leg across behind R leg.
	5	1	Step on L ft across behind R ft.
		2	Step on R ft.
	6	1	Step on L ft across behind R ft.
		&	Step on R ft.
		2	Step on L ft.
	7	1	Step on R ft.
		2	Step on L ft.

Kako Kostadine—continued

- | | | | |
|---|----|---|---|
| | 8 | 1 | Step on R ft. |
| | | & | Step on L ft. |
| | | 2 | Step on R ft. |
| | 9 | 1 | Step (leap) onto L ft across in front of R ft, bending body at waist. |
| | | 2 | Step back on R ft in place, straightening body. |
|  | 10 | 1 | Hop on R ft, swinging L leg sdwd L and bend across behind R leg. |
| | | 2 | Step on L ft across behind R ft. |
|  | 11 | 1 | Step on R ft. |
| | | & | Step on L ft across behind R ft. |
| | | 2 | Step on R ft. |
|  | 12 | 1 | Step on L ft. |
| | | & | Step on R ft. |
| | | 2 | Step on L ft. |
|  | 13 | 1 | Small leap onto R ft in front of L ft. |
| | | 2 | Small leap onto L ft. |
|  | 14 | 1 | Small leap onto R ft. |
| | | 2 | Small leap onto L ft across behind R ft. |
| | 15 | | "Pas-des-Basque" |
| | | 1 | Small leap onto L ft sdwd L. |
| | | & | Step on R ft next to ft, wt on both ft. |
| | | 2 | Small leap onto L ft in place. |
| | 16 | | Repeat meas 15 with opp ftwk and direction. |

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