

# Louduhtuh

*From the villages of Bahovitsa and Lisets, Lovech region, north central Bulgaria*

Meter: 2/4 time. Each measure can be counted "one-and-two-and" (the second "and" is usually a pause). The dance phrases are eight measures each, and the dance can be done to many different pieces of music.

Basic:

- Measures 1-2 LOD to the R
- Measures 3-5 in place
- Measures 6-7 RLOD
- Measure 8 in place

Arms are bent slightly at the elbows, relaxed throughout. Starts in a "V" hold, swinging the arms backward and forward on measures 1-2 and 6-8; on measures 3-5 the arms are up.

Generally, there's a subtle up-down movement of the whole body.

## **Pattern 1 - Weight on L foot, knees relaxed.**

Measures:

- 1-2. Bounce on L, step on R to R, step on L crossing in front of R
3. Step on R to R, lift L
4. Bounce on R, step on L in place, kick with R (or hook in front of L)
5. Bounce on L, step on R, kick with L (or "iztursi")
6. Bounce on R, step on L to L, step on L onto R, crossing R in front of L
7. Same as measure 6, but crossing R behind L
8. Step on L, lift R (or kick)

Variations:

- On measures 1-2 (1) stamp with R heel with or without pivoting to L
- On measures 4-5 (1) "malka hlopka"; (2) brush backwards (instead of kick forward)
- On measure 6 (1) "iztursi" with L
- On measure 8 "golyama hlopka"

*Continued...*

**Pattern 2 - Usually done when tempo is faster or emotions are more intense.**

**Measures:**

- 1-2. Four running steps to R, starting with R
3. Jump to R onto both feet (together), kick with L
4. Same as measure 3 but with opposite footwork
5. Same as measure 3
- 6-7. Same as in Pattern 1
8. Same as measure 4

**Variations:**

On measures 3-5 (1) "malka hlopka"

On measures 4-5 you can squat (generally men only). Preparation is on measure 3 with a step on R followed by a leap onto L going down.

There are many other variations for both patterns.

*Described and presented by Yuliyana Yordanov, ©2004*