

Mari Mariiko

Bulgarian

History

A Bulgarian dance from the Rhodope Mountains.

Rhythm

The dance is in an even 4/4 rhythm.

Steps

Start in a circle in a W hold, facing centre (or slightly right of centre).

First part

Step to the side with the right foot, cross in front with the left, step to the side with the right, and cross in front with the left. Step to the side with the right (slow) and cross behind with the left (slow). Do all of this twice.

Step to the side with the right, and cross in front with the left. Step to the side with the right (slow) and cross behind with the left (slow). Do all of this twice.

Step to the side and sway to the right (slow), then sway to the left (slow).

Do the first part twice.

Second part

Facing centre, take four steps forwards starting with the right foot. Step forward with the right foot while flexing the knee, then straighten the knee on the next beat. Step forward with the left with flexed knee, then straighten the knee.

Repeat this in reverse, backing out from the centre.

The second part is done once.

The music for the second part is played as an introduction, the dance starts with the singing.

Music

Mari Mariiko from *Izvor/The Source*, a collection of dance tunes produced by Yves Moreau, Mandy de Winter and Judy King (www.judyking.co.uk).

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Dance description by Andy Bettis 7/2005