

FOLK DANCE FEDERATION OF CALIFORNIA DANCE RESEARCH COMMITTEE:  
Ruth Ruling, Suzanne Rocca-Butler

MELNIK  
(Bulgaria)

Melnik (MEHL-nihk) is a dance from the town of Melnik in the Southern Pirin Region. This area is also known as Bulgaria Macedonia. It was learned and collected by Jaap Leegwater in the Pirin Region, Bulgaria in 1975. He taught it at the 1990 Kolo Festival and at the 1992 University of the Pacific Folk Dance Camp.

CASSETTE: AJDE NA HORO GC 534 Side B/2; Folk Dances from Bulgaria JL-1992.01 Side B/8; Bulgarian Folk Dances JL- 1990.01 Side B/9.

CD: AJDE NA HORO GD 134 no.12.

RHYTHM: 7/8 meter:  counted here as 1,2,3 (S,Q,Q).

FORMATION: Open circle of dancers with hands joined in W-pos. Face center.

STYLING: Steps are light and bouncy. Bounces are small.

---

MUSIC

PATTERN

---

Measures

8 meas INTRODUCTION No action.

PATTERN

- 1 Facing ctr and moving sdwd in LOD (CCW), bounce on L ft while raising R knee slightly and then step sdwd on R ft (ct 1); step on L ft behind R ft (ct 2); bounce on L ft, raising and lowering R knee (ct 3).
- 2 Repeat meas 1, cts 1,2 (cts 1,2); step sdwd R on R ft (ct 3).
- 3 Still facing ctr, step back onto L ft while turning R heel in twd L, keeping the ball of the R ft on the floor where it was (ct 1); straightening R heel, rock fwd onto R ft, leaving L ft in place (ct 2); rock bkwd onto L ft (ct 3). On ct 3 the R heel may turn to L and back.
- 4 Bounce on L ft while raising R knee slightly and then step sdwd on R ft (ct 1); raise and lower L knee (cts 2-3).
- 5 Repeat meas 1 with opp ftwk and direction.
- 6 Repeat meas 4 with opp ftwk and direction.
- 7 Step bkwd onto R ft (ct 1); step on L ft beside R ft (ct 2); large step fwd twd ctr on R ft (ct 3).
- 8 Step fwd twd ctr on L ft (ct 1); step on R ft in front of L ft (ct 2); step bkwd onto L ft (ct 3).

DANCE SEQUENCE: Dance pattern as written until music ends.

Description subject to revision.

Presented by Suzanne Rocca-Butler  
Heritage Institute, January 1993