

MINKA

BULGARIA

TRANSLATION : Minka is a girl's name and is the title of the dance-song as well.

ORIGIN : From the village of Kremene, near Smolian, the capital of the Rodope area. This dance is mostly done in the house of the girl who is going to get married on her "maiden evening". On this evening the girl prepares herself for the wedding on the next day, with the help of her friends.

METER : 7/8  counted here as: 



MUSIC : Cassette Nina Kavardjikova 1994.01.





SOURCE : Bulgarian magazine TANCOVA SAMODEINOST, vol. 2, 1961

STYLE : Small steps on whole foot, keep knees together on slightly bend position.

FORMATION : Open circle or line, standing close behind each other facing CCW. Arms down at sides, with hands flexed.

INTRODUCTION : 12 bars.

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 1</u>
	1	1		Small leap onto R ft
				Small leap onto L ft
		2		Step on R ft
		3		Step on L ft
				Arms :
				Starting position : both hands next to each other in front of the face, palms facing in.
				Arms movement :
		1		palms curled towards fists
		2		turn fists around and open hands to the hands flexed, palms faced out
		3		move both hands to the R, keeping them parallel to each other
				(The arms movement can be done with ct 3 finished to the L).
	2-8			Repeat action of meas 1 seven more times.
				Arms movement :
				On meas 2,4,6 and 8 repeat arms movement of meas 1 Part 1 to the L.
				On meas 3,5,7 repeat arm movement of meas 1 Part 1 to the R.

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 2</u>
	1	1	Step on R ft	
		2	Step on L ft	
		3	Step on R ft	
	2	1	Step on L ft	
		2	Step on R ft	
		3	Step on L ft	
	3	1	Step on R ft	
		2	Step on L ft	
		3	Step on R ft	
	4		Arms :	During meas 1-2 hold arms down at sides, bend fist so that the fingers point out.
				Repeat movement of meas 1 of Part 1 to the R.
				Repeat steps of meas 3 starting with 1 ft
	5-6		Arms :	Repeat movement of meas 1 of Part 1 to the L.
		7-8		Repeat action of meas 3-4 bkwd
			9-12	
				Repeat action of meas 3-4

Presented by Nina Kavardjikova  
 Statewide Institute May 28, 1994  
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