

Napred Nazad

(Bulgaria)

This is a dance from the village of Eliseina (Middle Northwest Bulgaria). It is a dance for both men and women in 2/4 meter.

Pronunciation:

CD: CD 2, Band 4.

2/4 meter

Formation: Semi-circle facing ctr; belt hold ("Na lessa").

Meas

Pattern

I. FORWARD-BACK

- 1 Facing ctr, step fwd on R (ct 1); step fwd on L (ct 2).
- 2 Repeat meas 1.
- 3 Facing ctr, step bkwd on R (ct 1); step bkwd on L (ct 2).
- 4 Repeat meas 3.
- 5-8 Repeat meas 1-4.

II. JUMP AND TOUCH

- 1 Hop on L and touch R behind L (ct 1); hop on L and touch R to R (ct 2).
- 2 Repeat meas 1.
- 3 Step bkwd on R (ct 1); step bkwd on L (ct &); step bkwd on R (ct 2).
- 4 Repeat meas 3 with opp ftwk.
- 5 Step fwd on R (ct 1); step fwd on L (ct &); step fwd on R (ct 2).
- 6 Repeat meas 5 with opp ftwk.
- 7-8 Repeat meas 5-6 moving bkwd.

III. BASIC DANCE PATTERN

- 1 Step on R to R (ct 1); step on L to R (ct &); step on R to R (ct 2).
- 2 Repeat meas 1 with opp ftwk.
- 3-8 Repeat meas 1-2 three times (4 total).

Sequence: Fig I, Fig II, Fig I, Fig II, Fig III,
Fig I, Fig II, Fig III, Fig I, Fig II, Fig III.

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