

**Shalauna**

*This is a male-female dance from the village of Lazour (North West Bulgaria, near to Danube river). The dance is in 2/4 (here we count: one-and-two-and). The dance pattern is symmetrical.*

**Starting position:** open circle, W hold, facing center.

**First figure:**

First measure:

On "one" – step on R foot to R

On "and" – step on L foot to R

On "two" – step on R foot to L

On "and" – step on L foot to R

**Second measure:**

On "one" – step on R foot to R

On "and" – pause

On "two" – cross step with L foot in front of R foot

On "and" – pause

**Repeat this three times from 1-2 to 5-6 measures**

**Seventh measure:**

On "one" – step on R foot in front of L foot

On "and" – pause

On "two" – step on L foot in place

On "and" – pause

**Eight measure:**

On "one" – step on R foot behind the L foot

On "and" – step on L foot in place

On "two" – step on R foot in place

On "and" – pause

**Ninth measure:**

On "one" – step on L foot behind the R foot

On "and" – step on R foot in place

On "two" – step on L foot in place

On "and" – pause

**Tenth measure:**

On "one" – step on R foot behind the L foot

On "and" – step on L foot in place

On "two" – step on R foot in place

On "and" – pause

The next 10 measures: repeat above figure in opposite direction with opposite footwork.  
This figure is performed several times, depending on the leader.

**Second figure:**

From 1-6 measures the steps are the same like the steps in the first figure

**Eight measure:**

On "one" – step on R foot forward

On "and" - pause

On "two" – step on L foot in place

On "and" – step on R foot in place

**Ninth measure:**

On "one" – step on L foot in place

On "and" - pause

On "two" – step on R foot behind the L foot

On "and" – step on L foot in place

**Tenth measure:**

On "one" – step on R foot in place

On "and" - pause

On "two" – step on L foot behind the R

On "and" – step on R in place

**Eleventh measure:**

On "one" – step on L foot in place

On "and" - pause

On "two" – step on R foot behind the L

On "and" – step on L foot in place

The next 11 measures: repeat above figure in opposite direction with opposite footwork.  
This figure is also performed several times, depending on the leader.