

## Shalauna

(Bulgaria)

This is a Vlach dance for both men and women from the village of Lazour in northwest Bulgaria, the Danube river area. The dance is performed with instrumental accompaniment. The dance figure includes one basic symmetrical dance pattern which could have one or more variations.

Pronunciation: shah-lah-OO-nah

Music: *Ya si te daruvam surtseto, dushata* CD(*I Give You My Heart, My Soul*) Songs & Dances from Bulgaria, Macedonia, & Serbia. Band 8. 2/4 meter

Formation: Open circle facing center, with joined hands, straight arms, held fwd at 45°.

Steps & Styling:

### Meas

### Pattern

8 meas INTRODUCTION. Hold (4 meas); swing arms back, fwd, back, fwd (4 meas).

### FIGURE

- 1 Beg swinging arms bkwd about 45°, step on R to R (ct 1); leap onto L to R taking the place of the R (ct &); while swinging joined arms fwd, step on R to L (ct 2); leap onto L to R taking the place of the R (ct &).
- 2 While swinging arms bkwd, step on R to R (ct 1); lift L (cts &); while swinging arms fwd, step on L across in front of the R (ct 2); pause (ct &).
- 3-6 Repeat meas 1-2, *except* that arms are held down during meas 6.  
Note: Body is straight and tall during meas 1-6.
- 7 Step on R in front of L (ct 1); pause (ct &); step on L in place (ct 2); pause (ct &).
- 8 With shldr shaking up-down on each ct and ct @, step on R to R (ct 1); step on L in front of R, lift R (ct &); step on R in place (ct 2); hop on R, lifting L fwd (ct &).
- 9 Repeat meas 8 with opp ftwk.
- 10 Repeat meas 8.  
Note: Body is bent slightly fwd during meas 7-10.
- 11-20 Repeat meas 1-10 with opp ftwk and direction.

This figure is performed until the end of the music or with some variations suggested by the leader.

Presented by Daniela Ivanova