

VARNENSKI PRED SVATBEN TANTS
(Bulgaria)

"Varnenski" means from the town of Varna, Dobrudza region; "Pred Svatben" means "before the wedding"; and "Tants" means "dance". In this dance some preparations for the wedding are performed, such as whitewashing the house and rolling the dough for the white cheese bread (banica).

Pronunciation:

Record: Balkanton 10441 Side A, Band 1 9/8 meter

Rhythm: 9/8: 1-2, 1-2, 1-2, 1-2-3 counted here as 1,2,3,4.

Formation: Cpls in a double circle, W to R of ptr, all facing LOD.

Style: Slightly bouncy.

Meas

Pattern

8 meas Introduction.

PART 1 BASIC STEPS

1 Lift of L heel (ct 1); step fwd on R (ct 2); step on L beside R heel (ct 3); step fwd on R (ct 4).
Snap fingers on cts 2 and 4 and look at each other!!!
N.B. This step is called the Small Basic step.

2 Repeat meas 1 with opp ftwk.

3-8 Repeat meas 1-2 three more times.
During meas 8, W move a little fwd twd ctr of circle while M move bkwd to close circle.

9 Facing CCW, hop on L, swing arms fwd and join hands (ct 1); step fwd on R, arms move down at sides (ct 2); step on L beside R, arms move bkwd (ct 3); step fwd on R, arms move down at sides (ct 4).

N.B. This step is called the Big Basic step.

10 Repeat meas 9 with opp ftwk.

11-12 Repeat meas 9-10.

13-14 Facing ctr, 2 Big Basic steps fwd, starting with a hop on L.

15-16 Two Big Basic steps bkwd.

PART 2 (Women's ftwk)

1-4 Facing ctr, 4 Small Basic steps fwd, beginning with a lift of L heel.

5-8 Four Small Basic steps making a 1/4 L (CCW) turn on each one.

PART 2 (Women's arm movements)

Starting pos: Hands up at face level, palms out.

1 Make one circle, moving down and up, apart from each other (cts 1-2); make a small circle (ct 3); make a small circle (ct 4).

2-4 Repeat meas 1 three more times.

VARNENSKI PRED SVATBEN TANTS (Continued)

- 5 L hand on hip, R arm up. Make a small circle with R hand (cts 1-2); make a small circle (ct 3); make a small circle (ct 4).
- 6-8 Repeat meas 5 three more times.

PART 2 (Men)

- 1 With ft apart, wt on both, clap both hands (ct 1); clap R hand on R thigh (ct 2); clap L hand on L thigh (ct 3); clap R hand on L calf, lifting L arm (ct 4).
- 2 Repeat meas 1, cts 1,2,3 (cts 1-3); clap L hand on R calf, lifting R arm (ct 4).
- 3-8 Repeat meas 1-2 three more times.

PART 3 SIDEWARD

- 1 Facing ctr, hands on hips, leap onto R sdwd (ct 1); step on L across behind R (ct 2); step on R sdwd (ct 3); step on L across in front of R (ct 4).
- 2 Repeat meas 1, cts 1,2,3 (cts 1-3); stamp L heel a little in front (ct 4).
- 3-4 Repeat meas 1-2 with opp ftwk.
- 5-8 Repeat meas 1-4.

PART 4 (Women - rolling the dough)

- 1-3 Facing ctr, 3 Small Basic steps in place starting with lift of L heel.
- 4 Hop on R (ct 1); step on L (ct 2); step on R (ct 3); step on L (ct 4). During this meas make a full L (CCW) turn, hands on hips.
- 5-8 Four Big Basic steps starting with a hop on L, move bkwd to starting pos of the dance.

PART 4 (Women's arm movements)

- Starting pos: Arms in front at waist level, palms down.
- 1 Move hands from each other while turning palms up (cts 1-2); turn palms down and move hands fwd and back (ct 3); move hands fwd and back (ct 4).
- 2-3 Repeat meas 1 twice.
- 4 Bring hands to hips.
- 5-8 Do arm movements as described with Big Basic step.

N.B. Instead of meas 1-4, Part 4, you may also repeat meas 1-4 of Part 2 in place.

PART 4 (Men)

- 1-4 Repeat meas 1-4 of Part 2.
- 5-8 Four Big Basic steps in place, starting with a hop on L. On meas 8, move to starting pos of the dance.

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