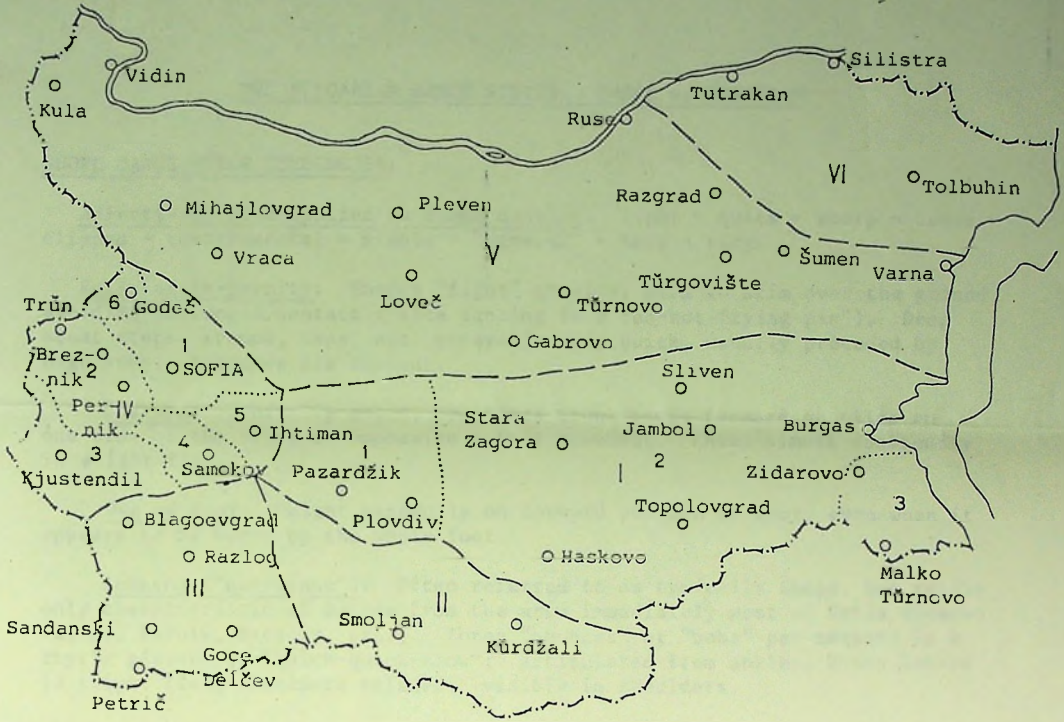


*Map*



BULGARIAN DANCE ZONES

- I THRACE
  - 1 Western Thrace
  - 2 Thrace
  - 3 Strandža
  
- II RHODOPES
  
- III PIRIN (Macedonia)
  
- IV SHOPE AREA ("šopluk")
  - 1 Sofijsko
  - 2 Graovo
  - 3 Kjustendil
  - 4 Samokov
  - 5 Ihtiman
  - 6 Godeč
  
- V NORTHERN BULGARIA
  
- VI DOBRUDJA

## TWO BULGARIAN DANCE STYLES: SHOPE vs THRACIAN

### SHOPE DANCE STYLE TENDENCIES:

Adjectives often applied to Shope dancing: light - quick - sharp - tense - clipped - temperamental - nimble - "nervous" - hard - tiny.

Relation to gravity: Shopes "fight" gravity, seem to skim over the ground, avoiding prolonged contact ("like dancing in a red-hot frying pan"). Deep squat steps, stamps, taps, etc. generally very quick, usually preceded by high knee; rebounds are instant.

Posture: Generally erect, sometimes trunk bends forward or tilts to one side or the other to emphasize a foot movement. Knees almost constantly in slight flex.

Use of foot: Weight generally on forward portion of foot, even when it appears to be borne by the whole foot.

Shaking ("natrisane"): Often referred to as typically Shope, but really only characteristic of dances from the area immediately west of Sofia (Graovo valley, Pernik, Breznik, etc.). Three "bounces" or "bobs" per measure in a rhythm pattern of "quick-quick-slow"; articulated from ankles, knees locked in slight flex, shoulders relaxed; visible in shoulders.

### THRACIAN DANCE STYLE TENDENCIES:

Adjectives often applied to Thracian dancing: moderato - broad - calm - confident - easy-going - relaxed - graceful - contemplative.

Relation to gravity: Thracians "give in" to gravity with full-footed steps planted squarely on the ground or lingering close to it.

Posture: Generally bent slightly forward from waist. Knees almost constantly in more marked flex than in Shope dancing. Trunk often participates in the movement.

Use of foot: Weight generally on full, flat foot.

Shaking: Non-existent as a distinguishing feature.

Arms: Unlike Shope dances, in which arms play little or no role, Thracian dances often incorporate vigorous arm swings backward and forward, up and down. In the Thracian solo and couple dances, arms and hands are extensively used to add expression to other movements.

BULGARIAN SHOPE AND THRACIAN DANCES TAUGHT IN THE U.S.

SHOPE:

Bistriška kopanica  
Četvorno  
Cone, milo čedo  
Divotinsko horo  
Gjuševska rüčenica  
Godečki čačak  
Graovska rüčenica  
Graovsko horo  
Jagneto  
Jove, malaj mome  
Kjorčovo  
Kjustendilska lesa  
Kjustendilska rüčenica  
Kopanica  
Kopčeto  
Ludo kopano  
Maričensko pravo horo  
Müžko šopsko horo  
Oblük  
Petrunino horo  
Pletenica  
Radomirska rüčenica  
Radomirsko horo  
Razvrüštanata  
Sitna kopanica  
Sitno šopsko horo  
Šopska rüčenica  
Šopsko horo  
Šopsko za pojas  
Starčeska rüčenica  
Za pojas  
Zad krak  
Zidarsko horo  
Žvansko horo

THRACIAN:

Baldüzka  
Bojanovo horo  
Boninata  
\*Bučimiš  
Čapraz  
Čestoto  
Čopraz  
Čukanoto  
Dobrolüško horo  
Ekizlijsko horo  
Elhovsko horo  
Gergebunarsko horo  
Glaviniško četvorno  
Jambolsko pajduško  
\*Kamišica  
Kazanlüško horo  
Kermensko müžko horo  
Kokiče  
Kotlenska svatbarska rüčenica  
\*Krivata  
\*Krivo panagjursko horo  
\*Krivo sadovsko horo  
Kukli  
Küsümsko horo  
\*Lamba lamba  
Müžko trojno  
Novozagorsko horo  
\*Pazardžiška kopanica  
\*Plovdivska kopanica  
Pravo trakijsko horo  
Rüčenica for three  
Rüčenica na srjata  
\*Sedi Donka  
Slivenska rüčenica  
Slivensko pajduško  
Strandžansko horo  
Suata rjaka  
Svadbarska rüčenica  
Tičenata  
Trakijska rüčenica  
Trite püti

\* Dances from the "transitional zone" between Shope and Thracian styles, technically western Thrace (around Pazardžik, Panagjurište, Plovdiv).

RUSI KOSI

- TRANSLATION : This dance is named after the the song to which it became popular : *Rusi kosi imam* ("I've got blond hair").  
In some villages the dance is known as *Vúrtjano Horo* ("whirling dance").
- MUSIC : Record "Folk Dances from Bulgaria" - volume 2  
Balkanton BHA 11134 Side A. Band # 6.  
Record Balkanton BHA 10352 Side I. Band 7.
- BACKGROUND : Pirin, Bulgaria
- FORMATION : Open circle. Hands in W-position.
- METER : 2/4
- BASIC STEP : A smooth way of walking, mainly done with the lower  
AND part of the legs, knees slightly bent :  
STYLING unrolling step (from heel to toe) on R ft fwd (ct 1),  
small step on L whole ft fwd (ct &)  
This step is called one "Basic step"  
The hands are joined in W-position.  
There is a slight bouncing upwards on each mean ct.
- INTRODUCTION : 9 measures

MEAS      PATTERN      Part 1 "Basic"

- 1      facing diag R and moving in LOD,  
eighteen "Basic steps"

Part 2 "Sideward"

- 1      facing ctr, step on R ft sdwd R (ct 1),  
step on L ft next to R ft (ct &), step on R ft sdwd R (ct 2),  
close and step on L ft next to R ft, bending both knees  
(ct &),  
N.B. The hands are loose and wave in high W-position from  
L - up and to the front - to the R, thruout meas 1  
the body turns slightly diag R
- 2      repeat action of meas 1 reversing ftwk, direction and arm  
movement
- 3      repeat action of meas 1
- 4      stretch both knees (ct 1)  
bend both knees, clapping in both hands in front (ct &),  
repeat action of cts 1-& (cts 2-&)
- 5-8      repeat action of meas 1-4

(continued)

RUSI KOSI (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 3 "To the centre and back"</u>
1-2	facing ctr, hands joined in W-position, four Basic steps straight fwd to the ctr	
3-4	four Basic steps straight bkwd	
5-8	repeat action of meas 1-4	
9	hands loose, two Basic steps, making a full R turn in place	

SEQUENCE OF THE DANCE

Introduction : 9 measures

Part 1	} 2x
Part 2	
Part 3	
Part 2	
Part 3	
Part 1	

N.B. Finish the dance as follows :  
turning face ctr, step on R ft (ct 1), step on L ft  
in front of R ft, bending both knees and raising both  
arms in front

Presented by Jaap Leegwater

Description by Jaap Leegwater

STRANDŽANSKI TRITI PUTI

- TRANSLATION : *Triti pûti* ("three times") from the Strandža Mountains region, Eastren Bulgaria
- MUSIC : Record "Folk Dances from Bulgaria" - volume 2  
Balkan-ton BHA 11134 Side A. Band # 4.  
Record Balkanton BHA 10160 Side II. Band 6.
- FORMATION : Open circle. Hands in V-position.
- METER : 2/4
- INTRODUCTION : 16 measures

MEAS            PATTERN            Part 1

- 1            facing ctr, step on R ft sdwd R (ct 1),  
close and step on L ft next to R ft (ct 2)
- 2            repeat action of meas 1
- 3            chug on L ft ( ct 1), step on R ft sdwd R (ct &),  
cross and step on L ft behind R ft (ct 2),  
small step on R ft sdwd R (ct &)
- 4            repeat action of meas 3, reversing ftwk

N.B. Arm movements thruout this Part:  
swing arms straight fwd low on each ct 1,  
back low on each ct 2

Part 2

- 1-2            repeat action of meas 1-2 of Part 1
- 3            chug on L ft (ct 1), cross and step on R ft in front of  
L ft (ct &), step on L ft in place (ct 2),  
cross and step on R ft in front of L ft (ct &)
- 4            repeat action of meas 3, reversing ftwk

N.B. Arm movements thruout this Part:  
Arms swing as thruout Part 1, however a little bit more  
energetic and higher (until horizontal fwd) on meas 3-4

Part 3

- 1            facing ctr and moving straight towards ctr,  
leap onto R ft fwd, sliding L ft bkwd (ct 1),  
hop on R ft, swinging L ft in front (ct 2)
- 2            hop on R ft (ct 1), leap onto L ft in place, swinging  
R heel bkwd (ct 2)
- 3            hop on L ft, swinging R leg to the front (ct 1),  
leap onto R ft in place, raising L ft sharply behind  
R leg and looking across R shoulder
- 4            jump on both feet paralell and slighttly apart (ct 1),  
close both ft together with a smart click (ct 2)

N.B. Arm movements thruout meas 1-4 :  
Swing arms straight fwd low on each ct & (before ct 1),  
bkwd low on each ct & (before ct 2)

(continued)

STRANDŽANSKI TRITI PUTI (continued)

Part 3 (continued)

- 5 turning face slightly L of ctr and moving sdwd  
diag L bkwd, fall on L ft, raising R ft to R side,  
knees together (ct 1), close R ft to L ft with a sharp  
click, wt on both ft equally (ct &),  
repeat action of ct 1-& (ct 2-&)
- 6-7 repeat action of meas 5 two more times
- 8 repeat action of ct 1-& of meas 5  
turning face ctr, step on L ft bkwd, leaving R ft  
on the floor (ct 2), hold (ct &)
- N.B. Arm position thruout meas 5-8 : down at the sides

Part 4

- 1 facing ctr, step on R ft fwd, arms straight fwd,  
step on L ft diag R fwd, arms remain straight fwd (ct 2),
- 2 step on R ft diag R fwd, arms remain straight fwd (ct1),  
close L ft, without wt, next to R ft, arms still straight  
fwd (ct 2)
- 3 momentary bend and stretch both arms straight fwd  
(ct & before ct 1), step on L ft bkwd, swinging bkwd low  
(ct 1), step on R ft bkwd, swinging arms fwd low (ct 2)
- 4 step on L ft sdwd L, swinging arms bkwd low (ct 1),  
close R ft, without wt, next to L ft, swinging arms  
low fwd (ct 2)
- 5-6 repeat action of meas 2-3
- 7 step on L ft sdwd L, swinging arms bkwd (ct 1),  
step on R ft next to L ft, swinging arms fwd low (ct 2)
- 8 repeat action of meas 4

SEQUENCE OF THE DANCE

Introduction: 16 measures

Part 1 6x  
Part 2 4x  
Part 3 3x  
Part 4 3x  
Part 1 4x  
Part 2 4x  
Part 3 3x  
Part 4 3x

Above sequence is based on the musical phrases of the  
original recording.

Presented by Jaap Leegwater

Description by Jaap Leegwater 1982

## SBORINKA

- TRANSLATION : The name of this dance is derived from  
1. the verb "sboričkam se" (to shuffle) and  
2. the noun "sborište" (gathering- or meetingplace,  
usually the local danceground in the village)
- ORIGIN : Dobrudža, North Eastern Bulgaria.
- STYLE : Dobrudžansko , demi-plie position with slightly  
dipping on every ct &.
- MUSIC : Record "Folk Dances from Bulgaria"  
Balkanton BHA 10441. Side I. Band 4.
- METER : 2/4
- FORMATION : Medium lenght lines. Front basket hold, L over.  
The dance can be done with 4 lines in a big square.  
In this case each line moves to the next side in  
Part 1.
- INTRODUCTION : 8 measures musical introduction.

### MEAS      PATTERN      Part "Introduction"

- standing with feet apart in second position, knees  
slightly bend,  
1 shift weight onto L ft (ct 1), bend L knee (ct &)  
shift weight onto R ft (ct 2), bend R knee (ct &)  
2-8 repeat action of meas 1 seven more times

### Part 1

- 1 step fwd on L ft with L shoulder towards ctr, bending  
fwd at waist (ct 1), bend L knee (ct &),  
step bkwd on R ft with R toe pointed towards R and  
straightening back (ct 2), bend R knee (ct &)  
2 step on L ft diag L fwd (ct 1), stamp with R ft next  
to L ft, bending fwd at waist (ct &), step on R ft  
diag R fwd straightening back (ct 2), bounce on R ft,  
raising L knee fwd with L heel pointing out (ct &)  
3 face to ctr and moving sdwd R, step on L ft crossing  
in front of R ft (ct 1), bend L knee (ct &),  
step on R ft sdwd R (ct 2), bend R knee (ct &)  
4 step on L ft crossing behind R ft (ct 1), bend L knee (ct &),  
step on R ft sdwd R (ct 2), bend R knee (ct &)  
5-16 repeat action of meas 1-4 three more times



SBORINKA (continued)

MEAS            PATTERN            Part 2

- 1            face ctr, moving straight fwd,  
step on L ft (ct 1), stamp R ft next to L ft, bending  
both knees (ct &),  
step on R ft (ct 2), stamp L ft next to R ft, bending  
both knees (ct &)
- 2-3        repeat action of meas 1 two more times
- 4            step on L ft diag R fwd with L shoulder towards ctr,  
bending fwd at waist (ct 1),  
stamp R ft behind L ft with arch of the R ft by the  
L heel (ct &)
- 5            repeat action of ct &, taking weight (ct 2), hold (ct &)  
face ctr, moving bkwd, keeping feet wide apart and  
straighten up,  
step back on L ft, leaning body to L side (ct 1),  
bend L knee (ct &)
- 6-7        repeat action of ct 1-& with opp ftwk (ct 2-&)
- 8            repeat action of meas 5 two more times
- 8            step on L ft diag L bkwd (ct 1), stamp on R ft next to  
L ft, bending fwd at waist with R shoulder towards ctr  
(ct &), leap onto R ft diag bkwd to the R, straightening  
body facing diag R and keep L toe on the floor with  
L heel turned out (ct 2), hold (ct &)
- 9-16       repeat action of meas 1-8

Part 3

- 1            face ctr, moving fwd,  
step on L ft diag L fwd (ct 1), stamp on R ft next to L ft,  
bending fwd at waist with R shoulder towards ctr (ct &),  
step on R ft diag R fwd, straightening to face diag R (ct 2),  
chuck on R ft, kicking L ft straight fwd and twisting  
body to face ctr (ct &)
- 2-3        repeat action of meas 1 two more times
- 4-8        repeat action of meas 4-8 of Part 2
- 9-16       repeat action of meas 1-8

Part 4

- 1            face ctr, moving fwd,  
step on L ft fwd, turning L shoulder towards ctr and  
bending at waist (ct 1), stamp on R ft behind L ft with  
arch of the R ft by the L heel, bending both knees (ct &),  
step on R ft bkwd, toes still pointing towards R and  
leaning body bkwd, L shoulder still towards ctr (ct 2)  
stamp on L ft with heel at the arch of the R ft, bending  
both knees
- 2            repeat action of meas 1
- 3            big step fwd on L ft, bending L knee and keeping R toe  
on the floor (ct 1), hold (ct &),  
raise R knee sharply across L leg, while raising on L toe  
(ct 2), hold (ct &)
- 4            small leap onto R ft diag bkwd to the R, turning body  
facing diag R, keep L toe on the floor with heel turned  
out (ct 1),  
repeat action of ct 1, reversing ftwk and direction (ct &),  
repeat action of ct 1 (ct 2), hold (ct &)
- 5-16       repeat action of meas 1-4 three more times

# PRAVO RODOPSKO HORO

PRAVO RODOPSKO HORO (Bulgaria)

TRANSLATION & SOURCE: "Kitko zelena kravena" (green fresh bouquet of flowers).  
This is the first line of a dance-song.  
"Pravo Rodopsko horo" means: straight dance from the Rodope area.

RECORD: "Folk Dances from Bulgaria"  
Balkanton BHA 10441. Side II, Band 5

STYLE: Solemnly

FORMATION: Circle or open circle. Hands at shoulder level: W-position

METER: 2/4

INTRODUCTION: 10 measures (instrumental)

MEAS.	PATTERN
	<u>Part 1 "Pravo"</u>
1	Facing centre, step on R sdwd (ct 1), step on L across in front of R (ct 2).
2	Step on R sdwd (ct 1), lift L across behind R (ct 2)
3	Step on L across behind R (ct 1), lift R off the floor (ct 2)
4-12	Repeat action of meas 1-3 three more times
	<u>Part 2 "To the centre"</u>
1	Facing centre, step on R diagonal R fwd (ct 1), step on L diagonal R fwd (ct 2)
2	Repeat action of meas 1
3	Big step on R, bend knees slightly (ct 1), stretch knees lift R off the floor (ct 2).
4	Repeat action of meas 3 with opp ftwk
5-8	Repeat action of meas 1-4 moving diagonal R bkwd (out of the centre of the circle)

The dance starts from the beginning and then repeats three more times.

Presented by Jaap Leegwater

Description by Jaap Leegwater & Bianca de Jong 1982

HORO  
(Kitko zelena, kravena)

Intro

Chords: *dm Gm C F C F*  
*C Gm d<sup>7</sup> Gm dm*

Kit-ko ze-le-na kra-ve-na ka-zi mi kit-ko ka-zi mi

*Kit-ko ze-le-na, kra-ve-na  
ka-zi mi, kit-ko, ka-zi mi*

*Koi tu e sa-dil i i-ra-sil  
i ve-če-rom tu i po-li-val*

*Po-li-val, kit-ko, pod-vi-val  
sūs ko-pri-ne-na kor-pi-tsa*

*Da ta ne pa-ri sla-no da  
da ta ne pe-če son-tse-no*

Green fresh bouquet of flowers  
tell me, bouquet, tell me

Who sowed you and who pollinated you  
and who watered you every night

Watered you, bouquet and bedecked you  
with a silk cover

So that the night frost won't harm you  
and the sun won't burn you

KARAMFIL

- TRANSLATION : "Carnation"
- MUSIC : Record "Folk Dances from Bulgaria" - volume 2  
Balkanton BHA 11134 Side A. Band # 3  
Record Balkanton BHA 10329. Side I. Band 1.
- BACKGROUND : Pirin, Bulgaria  
*Karamfil* is the name of a *Haiduk* (rebel), mentioned  
in the accompanying song.
- STYLE : Macedonian.  
Light and on the balls of the feet, slightly bouncy.
- FORMATION : Open- or closed circle. Hands in W-position.
- METER : 7/8 : 1-2-3, 1-2, 1-2. Counted here as:  
1 , 2 , 3
- INTRODUCTION : 8 measures

MEAS            PATTERN            Part 1

- 1            facing slightly diag R and moving in LOD,  
            lift on L ft followed by a step on R ft (ct 1),  
            step on L ft (ct 2), step on R ft (ct 3)
- 2            repeat action of meas 1 with opp ftwk
- 3            turning to face ctr, cross and step on R ft in front of  
            L ft (ct 1), step on L ft sdwd L (ct 2), cross and step  
            on R ft behind L ft (ct 3)
- 4            lift on R ft followed by a step on L ft sdwd L (ct 1),  
            cross and step on R ft in front of Lft (ct 2),  
            step on L ft in place (ct 3)
- 5-16        repeat action of measure 1-4 three more times

Part 2

- 1-2        repeat action of meas 1-2 of Part 1, now moving straight  
            fwd towards ctr
- 3            lift on L ft followed by a large step on R ft sdwd R (ct 1),  
            cross and step on L ft behind R ft, bending both knees (ct 2),  
            hold (ct 3)
- 4            step on R ft sdwd R (ct 1), raise L knee in front (ct 2),  
            hold (ct 3)
- 5-6        repeat action of meas 1-2, reversing ftwk and direction
- 7            make a full L turn in place with the following steps :  
            lift on R ft followed by a step on L ft (ct 1),  
            step on R ft (ct 2), step on L ft (ct 3)
- 8            facing ctr, lift on L ft followed by a cross and step on  
            R ft in front of L ft (ct 1), step on L ft in place (ct 2),  
            step on R ft next to L ft (ct 3)
- 9-16        repeat action of meas 1-8 with opp ftwk

# CUKANOTO

## CUKANOTO (Bulgaria)

TRANSLATION: 1) cukvam = knock, give a knock, tap  
2) cukce = door-knocker, mallet & in dance-terms; a chug

SOURCE: Trakia  
The steps and melody of this dance are very popular. Various forms of this dance can be found in Northern Bulgaria (Kukuwitsa), as well as in Roumania (Alumalul) and Greece-Thrace (Triplos).  
This version was learned by Jaap Leegwater in October 1979 from Baba Stanka, Gurkovo-Thrace. It is done originally to the dance-song "Mari momičentse maninko" (Maria, little girl).

RECORD: "Folk Dances from Bulgaria" Balkanton BHA 10441. Side II, Band 6

METER: 2/4

STYLE: Close to the floor

FORMATION: Circle or open circle. Arms: V-position

INTRODUCTION: No introduction

<u>MEAS.</u>	<u>PATTERN</u>	<u>Part 1 "To the centre"</u>
1	Facing centre, run fwd R,L (ct 1-2)	
2-3	Repeat action of meas 1 two more times.	
4	Leap on R fwd and bend R knee, at the same time swing L fwd near the floor with straight knee (ct 1) hold (ct 2)	
5	Run bkwd L,R (ct 1-2)	
6-7	Repeat action of meas 5 two more times	
8	Leap on L, at the same time swing R behind with bent knee (ct 1) Hold (ct 2).	
9-16	Repeat action of meas 1-8	
		<u>Part 2 "Stamp"</u>
1	Facing centre, step on R sdwd (ct 1), stamp L next to R (ct 2)	
2	Step on L sdwd (ct 1), stamp R next to L (ct 2)	
3	Step on R sdwd (ct 1), stamp L next to R (ct 2)	
4	Stamp L next to R (ct 1), hold (ct 2)	
5-8	Repeat action of meas 1-4 with opp ftwk	
9-16	Repeat action of meas 1-8	
		<u>Part 3 "Sideward"</u>
1	Facing centre, leap on R sdwd (ct 1), step L across behind R (ct 2)	
2	Repeat action of meas 1	
3	Step on R sdwd (ct 1), stamp L next to R, L toes point sdwd (ct 1) point sdwd (ct 2).	
4	Stamp L next to R, L toes point fwd (ct 1) hold (ct 2)	
5-8	Repeat action of meas 1-4 with opp ftwk	
9-16	Repeat action of meas 1-8	

Order of dance: Part 1; Part 2, Part 3, Part 2, Part 1, Part 2, etc.

IHTIMANSKA KOPANICA

- TRANSLATION : *Kopanica* from the town of Ihtiman, Šop region (Western Bulgaria).
1. The word *Kopanica* is derived from the verb *Kopaja* ("to dig")
  2. In dance & music terminology *Kopanica* means dance in 11/8 meter (2-2-3-2-2) and it is also the name of its basic step.
- MUSIC : Record "Folk Dances from Bulgaria"  
Balkanton BHA 10441. Side I. Band 2.
- BACKGROUND AND STYLING : This dance is a women's *Kopanica* and it is performed in the typical *Šop*-style i.e. : small energetic steps with knee lifting and Reaction of the upper part of the body to that. Shoulders relaxed so they can bounce naturally on the rhythm of the steps ("*Natrissanè*").
- FORMATION : Open circle. Hands belt hold, R arm under, L arm over.
- METER : 11/8 : 1-2, 1-2, 1-2-3, 1-2, 1-2 Counted here as:  
  1    2       3       4    5  
  Q    Q       S       Q    Q
- INTRODUCTION : No introduction

MEAS            PATTERN                    Part 1 "Nabivanè"

- 1            facing ctr, step on R ft sdwd R (ct 1),  
              cross and step on L ft behind R ft (ct 2),  
              step on R ft sdwd R, bending R knee and raising L knee (ct 3),  
              place L heel next to R toes (ct 4), hold (ct 5)
- 2            repeat action of meas 1, reversing ftwk and direction
- 3-8          repeat action of meas 1-2 three more times

Part 2 "Dvojna Nabivanè"

- 1            facing ctr, step on R ft sdwd R (ct 1),  
              cross and step on L ft behind R ft (ct 2),  
              step on R ft sdwd R, bending R knee and slightly raising  
              L leg diag L (ct 3), strike L heel on the floor diag L (ct 4),  
              strike L heel on the floor straight fwd (ct 5)
- 2            repeat action of meas 1, reversing ftwk and direction
- 3-4          repeat action of meas 1-2
- 5            two steps fwd twd ctr with R and L (cts 1-2),  
              step on R ft in place, bending R knee and slightly raising  
              L leg diag L (ct 3), strike L heel on the floor diag L (ct 4),  
              strike L heel on the floor straight fwd (ct 5)
- 6            two steps bkwd with L and R (cts 1-2),  
              step on L ft in place, raising R heel bkwd (ct 3)  
              tap R toes two times straight bkwd, looking across R shoulder  
              (cts 4-5)

(continued)

IHTIMANSKA KOPANICA (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 2 (continued)</u>
7-13		repeat action of meas 1-5
14		two steps bkwd with L and R (cts 1-2), leap onto L ft, swinging L ft raised up sharply behind L (ct 3) hop on L ft, swinging R ft raised up across L shin (cts 4-5)
15-16		repeat action of meas 13-14

Part 3

1		facing ctr, step on R ft sdwd R (ct 1), cross and step on L ft behind R ft (ct 2), step on R ft sdwd R, bending R knee and raising L knee high (ct 3), cross and step on L ft in front of R ft (ct 4), step on R ft in place
2		repeat action of meas 1, reversing ftwk and direction
3-4		repeat action of meas 1-2
3		Scissors step R : a slight leap onto R ft, dispacing L ft and moving it quickly fwd with knee straight (ct 1) reversing ftwk for Scissors step L (ct 2), leap onto R ft in place, bending R knee and raising L leg diag L (ct 3), strike L heel on the floor diag L (ct 4), strike L heel on the floor straight fwd (ct 5)
6		repeat action of meas 5, reversing ftwk
7-8		repeat action of meas 5-6
9-16		repeat action of meas 1-8

Part 4

1		facing diag R and moving in LOD, one <i>Kopanska</i> -step : step on Rft (ct 1), step on L ft (ct 2), a small lifting on L ft immediately followed by a step on R ft (ct 3), hop on R ft, raising L knee (ct 4), step on L ft (ct 5)
2		step on R ft (ct 1), step on L ft (ct 2), facing ctr, twist the body around the L heel so that the L toe points to the L, immediately followed by a step on R ft directly behind L heel (ct 3), step on L ft sdwd L (ct 4), cross and step on R ft behind L ft (ct 5)
3		step on L ft sdwd L (ct 1), cross and step on R ft behind L ft (ct 2), low hop on R ft, raising L knee, immediately followed by a step on L ft next to R ft (ct 3), cross and step on R ft in front of L ft (ct 4), step on L ft in place (ct 5)
4		Scissors step R in place (ct 1), Scissors step L in place (ct 2), low hop on L ft, swinging R ft raised up across L shin (ct 3), moving in LOD, leap onto R ft (ct 4), step on L ft (ct 5)
5-16		repeat action of meas 1-4 three more times





JOVE MALAJ MOME (continued)

MEAS      PATTERN      Part 3 "Jove malaj mome" - 7/8 + 11/8

- 1 facing and moving LOD, step on R ft (ct 1),  
hop on R ft (ct 2), step on L ft (ct 3),  
step on R ft (ct 1), step on L ft (ct 2), step on R ft (ct 3),  
hop on R ft (ct 4), step on L ft (ct 5)
- 2-4 repeat action of meas 1-3 three more times
- 5 small leap onto R ft, immediately followed by a step on L ft  
next to R ft (ct 1), step on R ft (ct 2),  
step on L ft (ct 3),  
step on R ft (ct 1), step on L ft (ct 2),  
small leap onto R ft, immediately followed by a step on L ft  
next to R ft (ct 3), step on R ft (ct 4), step on L ft (ct 5)
- 6-8 repeat action of meas 5 three more times

N.B. Finish the dance by slowing down the last measure of Part 3 and change ct 3-5 into :  
step on R ft sdwd R, turning face ctr (ct 3), close and step on L ft next to R ft, lifting on balls of both feet (ct 4), return weight to full feet (ct 5)

An-ke lû-ko lû-ko pe-ro po-po-lû-ko o-ro vo-di

Jo-ve ma-laj mo-me le-le Jo-ve ma-laj mo-me

1. An-ke lû-ko lû-ko pe-ro  
po-po-lû-ka o-ro vo-di

1. Anke, as light as a feather  
even lighter is she leading the dance

chorus : Jo-ve ma-laj mo-me, lè-lè  
Jo-ve ma-laj mo-me

chorus : Jove, you little girl  
Jove, little girl

2. De-voj-kè se iz-mo-ri-še  
Kit-ki-te im po-pa-da-še

2. The little girl became tired  
and she let her flowers fall

chorus :

chorus :

3. Kit-ki-te im po-pa-da-še  
er-ge-ni gi raz-gra-ba-še

3. She let her flowers fall  
and the young bachelors hurried  
to pick them up

chorus :

chorus :

## ČERKESKATA

TRANSLATION AND BACKGROUND : The name of this dance, "the Circassian one", indicates influences from abroad. The Circassians are a tribe from the Caucasus Mountains, who settled in Bulgaria after 1864. They were known as skilful horsemen and Cerkeskata's basic step reflects the hoofbeats of their horses.

Čerkesko Horo's and Čerkeskata's are particularly popular in the district of the town of Veliko Turnovo, Northren Bulgaria (Severniaško).

This version is notated and learned by Jaap Leegwater in september 1982 from the local folklore group in the village of Pavel.

MUSIC : Cassette "Bulgarian Folk Dances"  
Jaap Leegwater JL1982,12. Side A. Nr.1.

FORMATION : Line or open circle.  
Hands: belt hold or V-position.

METER : 9/8 : 1-2, 1-2, 1-2, 1-2-3. Counted here as:  
1, 2, 3, 4 & "ah"

INTRODUCTION : 8 measures

### MEAS            PATTERN            Part 1 "Forward-Backward"

- 1 facing and moving diag R fwd, three walking steps R,L,R (cts 1-3), close and step without weight on L ft next to R ft
- 2 repeat action of meas 1, moving diag L bkwd and starting with the L ft
- 3-4 repeat action of meas 1-2, reversing ftwk and direction
- 5-8 facing ctr and moving straight fwd and bkwd, repeat ftwk of meas 1-2 two times

### Part 2 "In place"

- 1 step on R ft in place (ct 1), tap L heel beside R toes (ct &), step on L ft in place (ct 2), tap R heel beside L toes (ct &), step on R ft in place (ct 3), brushing L ft slightly sdwd to the front (ct &), step on L ft in front of R ft (ct 4), step on R ft in place raising L knee (ct &), tap L heel in front of R ft (ct ah)
- 2 repeat action of meas 1, reversing ftwk
- 3-4 repeat action of meas 1-2  
N.B. transition Part 2 - Part 3 :  
change the last tap on ct "ah" of meas 4 into hold

### Part 3 "Sideward" - I

- 1 facing ctr, step on R ft in front of L ft (ct 1), fall on L ft in place (ct &), step on R ft diag R fwd (ct 2), fall on L ft in place (ct &), step on R ft in front of L ft (ct 3), fall on L ft in place (ct &), step on R ft diag R fwd (ct &), slightly raising R leg diag R (ct "ah")

(continued)

ČERKESKATA (continued)

- 2 a small jump on both feet together in place, knees slightly bent (ct 1), leap on R ft swinging L heel behind (ct 2) step on L ft sđwd L (ct 3), cross and step on R ft behind L (ct &) step on L ft sđwd L (ct 4), cross and fall on R ft in front of L ft (ct &), swinging L ft sđwd L, close to the floor, to the front (ct "ah")
- 3-4 repeat action of meas 1-2 reversing ftwk and direction
- 5-8 repeat action of meas 1-4

Part 4 "Sideward" - II

- 1 leap on R ft sđwd R (ct 1), cross and step on L ft in front of R ft (ct &), step on R ft in place (ct 2), step on L ft sđwd L (ct &), cross and step on R ft in front of L ft (ct 3), step on L ft sđwd L (ct &), cross and step on R ft in front of L ft (ct 4), step on L ft sđwd L, raising R knee (ct &), hold (ct "ah")
- 2 step on R ft in place (ct 1), tap L heel beside R toes (ct &), step on L ft in place (ct 2), tap R heel beside L toes (ct &), fall on R ft in place, swinging L ft sđwd L, close to the floor, to the front (ct 3), step on L ft in front of R ft (ct 4), fall on R ft raising L knee (ct &), hold (ct "ah")
- 3-4 repeat action of meas 1-2, reversing ftwk and direction
- 5-8 repeat action of meas 1-4

Introduction : 8 measures

Part 1  
Part 2  
Part 3  
Part 2  
Part 4

} 2x

Part 1  
Part 2

N.B. Finish the dance by changing Part 2 meas 4 ct 3-4 into :  
leap on L ft in place, raising R knee (ct 3),  
close and stamp on R ft next to L ft (ct 4)

AJ DA IDEM JANO

TRANSLATION : "Let's go, Jano".  
AND : This is a popular dancesong from the region  
BACKGROUND : of the town Sandanski in Southern-Pirin,  
Bulgaria.

STYLE : Macedonian ; light, bouncy and jumpy.

MUSIC : Record "Folk Dances from Bulgaria"  
Balkanton BHA 10441. Side I, Band 5.

METER : 2/4

FORMATION : Half- or open circle. Hands hold in V-position.

INTRODUCTION : 8 measures

MEAS      PATTERN      Part 1

1      facing and moving LOD, step on R ft (ct 1),  
step on L ft (ct 2)

2      step on R ft (ct 1), step on L ft (ct &),  
step on R ft, bending R knee (ct2-&),

3      repeat action of meas 2, reversing ftwk

4      leap onto R ft sdwd R, raising L knee in front and  
turning face ctr (ct 1), leap onto L ft in front of  
R ft (ct &), leap onto R ft in place (ct 2)

5      keep facing ctr, moving sdwd L,  
step on L ft sdwd L (ct 1), step on R ft in front of  
L ft (ct 2)

6      step on L ft sdwd L (ct 1), step on R ft in front of  
L ft (ct &), step on L ft sdwd L (ct 2)

7      small step on R ft bkwd, bending slightly fwd and swing  
arms bkwd (ct 1), step on L ft next to R ft (ct &),  
small step on R ft fwd and straighten back (ct 2)

8      repeat action of meas 7, reversing ftwk

Part 2

1-6      repeat action of meas 1-6 of Part 1

7      jump on both feet in place, bending both knees (ct 1),  
hold (ct 2)

8      turning face LOD in the next two cts :  
leap onto R ft, swinging L heel bkwd (ct 1),  
leap onto L ft, swinging R heel bkwd (ct 2)

AJ DA IDEM JANO (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 3</u>
1-5	repeat action of meas 1-5 of Part 1	
6	leap onto L ft, turning face LOD (ct 1), still facing LOD, step on R ft bkwd (ct &), step on L ft in place (ct 2)	
7	repeat action of meas 6, reversing ftwk and direction	
8	turning face LOD in next two cts : hop on R ft, raising L knee in front (ct 1), leap onto L ft, swinging R heel bkwd (ct 2)	

SEQUENCE OF THE DANCE

Introduction : 8 measures  
Part 1 3x  
Part 2 1x  
Part 3 3x  
Part 2 1x  
Part 1 3x

N.B. Finish the dance by slowing down the last two measures and adding a close and step on R ft next to L ft.