

YANKINATA

~~This dance, presented by Marcus Moskoff, is from the repertoire of the State Ensemble for Folk songs and Dances in Plovdiv, Bulgaria.~~

Record: "Marcus Moskoff Introduces Songs and Dances of Bulgaria"
Vol. 1 "YNAKINATA"
Music: 11/16 (quick, quick, slow, quick, quick) counted 1, 2, 3, 4, 5.
Formation: Lines with belt hold. Dance begins immediately with music.

MEASURE PATTERN "INTERLUDE"

- 1 Facing and moving LOD, step fwd. on R ft. (ct. 1); step fwd. on L ft. (ct. 2); step fwd. on R ft. (ct. 3); hop on R ft., while slightly lifting L ft. behind (ct. 4); step fwd. on L ft. (ct. 5).
- 2 Continuing LOD, step fwd. on R ft. (ct. 1); step fwd on L ft. (ct. 2); step fwd. on R ft. (ct. 3); hop on R ft. in place, while lifting L ft. (ct. 4); stamp L ft. next to R ft., taking no weight (ct. 5).
- 3 Turning to face center, step to L on L ft. (ct. 1); stamp R ft. next to L ft., facing center, taking no weight on R ft. (ct. 2); turning to face LOD, step to R on R ft. (ct. 3); hop on R ft. in place while lifting L ft. fwd., facing LOD (ct. 4); slap L ft. fwd., taking no weight (ct. 5).
- 4 Continuing to face LOD, step bkwd. on L ft. (ct. 1); step bkwd on R ft. (ct. 2); turning to face center, step to L on L ft. (ct. 3); facing center, dance two scissors steps in place (R,L) (cts, 4, 5).
(REPEAT MEASURES 1-4 ONCE AGAIN)

MEASURE PATTERN "BASIC"

- 1 Facing and moving diag. fwd. R, step fwd. on R ft. (ct. 1); step fwd. on L ft. (ct. 2); step fwd. on R ft. (ct. 3); hop on R ft. while lifting L ft. (ct. 4); step on L ft. in front of R ft. (ct. 5).
- 2 Facing diag. fwd. L, step bkwd. on R ft. (ct. 1); step bkwd. on L ft. (ct. 2); step bkwd. on R ft. (ct. 3); bring L ft. to close next to R ft., while bouncing once on both heels (ct. 4); hop on R ft. while slightly lifting L ft. in place (ct. 5).
- 3 Repeat action of Measure 1 but with opposite footwork and moving diag. fwd. L.
- 4 Repeat action of Measure 2 but with opposite footwork and moving diag. bkwd. L (although body faces diag. fwd. R).
(REPEAT MEASURES 1-4 ONCE AGAIN)

TROPANKA

~~This dance, presented by Marcus Moskoff, is from the repertoire of the State Ensemble for Folk songs and Dances in Tolbukhin, Bulgaria.~~

Record: "Marcus Moskoff Introduces Songs and Dances of Bulgaria"
Vol. I "TROPANKA"

Music: 2/4 (ONE and TWO and)

Formation: Lines with hands joined in upper "W" position. Dance begins immediately with music.

MEASURE PATTERN I

1 Facing center, step sdwd. R on R ft. (ct. 1); step behind R ft. on L ft. (ct. "and"); step sdwd. R on R ft. (ct. 2); step behind R ft. on L ft. (ct. "and").

2 Step sdwd. R on R ft. (ct. 1); stamp L ft. next to R ft., taking no weight (ct. "and"); stamp L ft. next to R ft., once again, taking no weight (ct. 2).

3 - 4 Repeat action of Measures 1-2 with opposite footwork and direction.
(REPEAT MEASURES 1-4 ONCE AGAIN FROM BEGINNING)

MEASURE PATTERN II

1 Facing diag. fwd. L, step fwd. on R ft. (ct. 1); pivoting to face diag. fwd. R, hop on R ft. (ct. "and"); facing diag. fwd. R, step fwd. on L ft. (ct. 2); pivoting to face diag. fwd. L, hop on L ft. (ct. "and").

2 Facing R LOD, step in place on R ft. (ct. 1); stamp L ft. next to R ft., taking no weight (ct. "and"); stamp L ft. next to R ft., once again; taking no weight (ct. 2).

3 Facing diag. fwd. L, step bkwd. on L ft. (ct. 1); pivoting to face diag. fwd. R, hop on L ft. (ct. "and"); facing diag. fwd. R, step bkwd. on R ft. (ct. 2); pivoting to face diag. fwd. L, hop on R ft. (ct. "and").

4 Facing R LOD, step in place on L ft. (ct. 1); stamp R ft. next to L ft., taking no weight (ct. "and"); stamp R ft. next to L ft., once again, taking no weight (ct. "and").
(REPEAT MEASURES 1-4 ONCE AGAIN)

MEASURE PATTERN III

1 Facing and moving LOD, step fwd. on R ft. (ct. 1); continuing LOD, step fwd. on L ft. (ct. 2) (may be stated as a simple "walk, walk").

2 Step fwd. on R ft. (ct. 1); step fwd. on L ft. (ct. "and"); step fwd. on R ft. (ct. 2); stamp L ft. next to R ft., taking no weight (ct. "and").

3 Turning to face center, step to L on L ft. (ct. 1); stamp R ft. next to L ft., taking no weight (ct. "and"); turning to face LOD, step to R on R ft. (ct. 2); stamp L ft. next to R ft., taking no weight (ct. "and").

4 Facing LOD, step bkwd. on L ft. (ct. 1); step bkwd. on R ft. (ct. "and"); step bkwd. on L ft. (ct. 2); stamp R ft. next to L ft., taking no weight (ct. "and").
(REPEAT MEASURES 1-4 A TOTAL OF THREE TIMES THROUGH, ONCE AGAIN)

TROPANKA (cont.)

MEASURE

("HANDS")

- 1 During Pattern I, arms swing down in a fwd. arc with slightly bent elbows, starting from the upper "W" position (cts. 1, "and"); straightening elbows, arms continue to swing downward to finally rest at side of body (ct. 2); arms swing upward in a fwd. arc (ct. "and").
- 2 Arms continue to swing upward while bending elbows to reach starting position (ct. 1); dip elbows down in a pumping motion to coincide with stamping of foot (ct. "and"); dip elbows down in a pumping motion, once again, to coincide with stamping of foot (ct. 2) (after each dipping motion, arms will briefly return to upper "W" starting position).
- 3 - 4 Repeat action of Measures 1-2.

- 1 During Pattern II and III, arms are held down at side of body with slight swing fwd. (ct. 1); arms continue to be held at side of body with a slight swing bkwd. (ct. 2).
- 2 Repeat action of Measure 1.
- 3 - 4 Repeat action of Measures 1-2.

SITNO VLASHKO HORO

~~This dance, presented by Marcus Moskoff, is a combination of two village dances from the Vlach region of Bulgaria.~~

Record: "Marcus Moskoff Introduces Songs and Dances of Bulgaria"
Vol. 1 "SITNO VLASHKO HORO"

Music: 2/4 (ONE and TWO and).

Formation: Lines with hands joined in upper "W" position. Dance begins after 8 measures introduction. Both patterns are repeated twice each.

<u>MEASURE</u>	<u>PATTERN "BASIC"</u>
1	Facing and moving LOD, step fwd. on R ft. (ct. 1); step fwd. on L ft. (ct. 2).
2	Step fwd. on R ft. (ct. 1); step fwd. on L ft. next to R ft. (ct. "and"); step fwd. on R ft. (ct. 2).
3	Pivoting to face R LOD, hop on R ft. (ct. 1); swing L ft. in an arc around to step behind R ft. (ct. "and"); turning to face center, step on R ft. in place (ct. 2).
4	Pivoting to face LOD, hop on R ft. (ct. 1); swing L ft. in an arc around to step in front of R ft. (ct. "and"); turning to face center, step on R ft. in place (ct. 2).
5	Repeat Measure 1, but with opposite footwork and direction.
6	Facing center, jump on both feet together (ct. 1); hop on L ft. while kicking R ft. (leg straight) across in front of L ft. (ct. 2).
7	Reel R ft. to step behind L ft., while simultaneously hopping on L ft. (ct. 1); reel L ft. and step behind R ft., while simultaneously hopping on R ft. (ct. 2).
8	Repeat Measure 3, but with opposite footwork and direction (cts. 1, 2).
<u>MEASURE</u>	<u>PATTERN "FORWARD"</u>
1	Facing center, step fwd on R ft. (ct. 1); step directly behind R ft. on L ft. (ct. "and"); step fwd. on R ft. (ct. 2).
2	Facing center, step fwd. on L ft. (ct. 1); step directly behind L ft. on R ft. (ct. "and"); step fwd. on L ft. (ct. 2).
3	Repeat action of Measure 1.
4	Jump with both feet together in place (ct. 1); kick R ft. fwd. (leg straight) hopping on L ft. (ct. 2); hands are swung down to a straight elbow position bkwd.
5	Repeat action of Measure 7, Pattern "Basic" while hands are swung fwd (ct. 1) and back to previous position (ct. 2).
6	Jump with both feet together in place (ct. 1); hop on R ft. while lifting L knee up (ct. 2); hands are swung upward to original position.
7	Step sdwd. L on L ft. (ct. 1); step in front of L ft. on R ft. (ct. "and"); step on L ft. in place (ct. 2); step sdwd. R on R ft. (ct. "and").
8	Step in front of R ft. on L ft. (ct. 1); step on R ft. in place (ct. "and"); step sdwd L on L ft. (ct. 2); scuff heel fwd (ct. "and").

VRAPCHETO

~~This dance, presented by Marcus Moskoff, is from the repertoire of the Pioneer Youth Ensemble of Sofia, Bulgaria.~~

Record: "Marcus Moskoff Introduces Songs and Dances from Bulgaria"
Vol. 1 "VRAPCHETO"
Music: 2/4 (ONE and TWO and).
Formation: Lines with front basket hold. Dance begins after introduction of 6 instrumental chords.

<u>MEASURE</u>	<u>PATTERN "BASIC"</u>
1 - 3	Facing and moving LOD, walk fwd. 6 steps starting with R ft. (cts. 1, 2), (cts. 1, 2), (cts. 1, 2).
4	Facing center, step sdwd. R on R ft. (ct. 1); swing L ft. in front of R ft. (ct. 2).
5	Step sdwd. L on L ft. (ct. 1); swing R ft. in front of L ft. (ct. 2).
6	Step directly bkwd. on R ft. (ct. 1); step directly bkwd. on L ft. (ct. 2).
7	Step sdwd. R on R ft. (ct. 1); swing L ft. in front of R ft. (ct. 2).
8	Step sdwd. L on L ft. (ct. 1); step on R ft. crossing in front of L ft. (ct. 2).
9	Step sdwd. L on L ft. (ct. 1); step on R ft. crossing behind L ft. (ct. 2).
10	Repeat action of Measure 5.
11	Repeat action of Measure 4.
12	Step sdwd. L on L ft. (ct. 1); stamp R ft. next to L ft., taking no weight (ct. 2). (REPEAT DANCE FROM BEGINNING)

<u>MEASURE</u>	<u>PATTERN "ENDING SEQUENCE"</u>
1 - 6	Repeat action of Measures 1-6 of Pattern "Basic." Tempo will become drastically slower after Measure 6.
7	Slowly: step directly bkwd. on R ft. (ct. 1); close L ft. next to R ft. (ct. 2).
8	Slowly: step directly sdwd. L on L ft. (ct. 1); close R ft. next to L ft. (ct. 2).
9	Slowly: step directly bkwd. on R ft. (ct. 1); close L ft. next to R ft. (ct. 2).
10	Slowly: step directly fwd. on L ft. (ct. 1); close R ft. next to L ft. (ct. 2).
11	Bow upper half of body from the waist to signal completion of dance.

SITNO VIDINSKO HORO

This dance, presented by Marcus Moskoff, is an arranged version of a village dance from the Vlach region of Bulgaria.

Record: "Marcus Moskoff introduces songs and dances of Bulgaria" Vol. I "SITNO VIDINSKO HORO".
Music: 2/4 (ONE and TWO and)
Formation: Lines with hands held in upper "W" position. Dance begins immediately with music.

MEAS. PATTERN I

- 1 Facing diag. fwd. R, step fwd. on R ft. (ct. 1); step fwd. on L ft. (ct. 2).
- 2 Step fwd. on R ft. (ct. 1); step on L ft. next to R ft. (ct. "and"); step slightly fwd. on R ft. (ct. 2).
- 3 Turning to face diag. fwd. L but moving diag. bkwd. R, step bkwd. on L ft. (ct. 1); step bkwd. on R ft. (ct. 2).
- 4 Step bkwd. on L ft. (ct. 1); step on R ft. next to L ft. (ct. "and"); step slightly bkwd. on L ft. (ct. 2).
- 5 Turning to face center and swinging arms down, step slightly sdwd. R on R ft. (ct. 1); stamp L ft. next to R ft., taking no weight. (ct. "and"); step slightly sdwd. L on L ft. (ct. 2);
 ↳ swinging arms bkwd.,
- 6 stamp R ft. next to L ft., taking no weight (ct. "and").
Swinging arms fwd., step sdwd. R on R ft. (ct. 1); step in front of R ft. on L ft. (ct. "and"); swinging arms bkwd., step sdwd. R on R ft. (ct. 2); stamp L ft. next to R ft., taking no weight (ct. "and").
- 7 Swinging arms up to original starting position, step sdwd. L on L ft. while simultaneously kicking R leg (knee straight) fwd. (ct. 1); step on R ft. in front of L ft. while simultaneously lifting L ft. behind (ct. 2).
- 8 Step sdwd. L on L ft. (ct. 1); step on R ft. next to L ft. (ct. "and"); step slightly sdwd. L on L ft. (ct. 2).
(Repeat action of MEAS. 1-8 from the beginning);
 ↳ three times through.

SITNO VIDINSKO HORO (CONTINUED)

MEAS. PATTERN II

- 1 Facing center and bringing arms down to continuously swing fwd. on ct. 1 and bkwd. on ct. 2, step slightly sdwd. R on R ft. (ct. 1); stamp L ft. next to R ft., taking no weight. (ct. "and"); step slightly sdwd. L on L ft. (ct. 2); stamp R ft. next to L ft., taking no weight (ct. "and").
- 2 Step sdwd. R on R ft. (ct. 1); step on L ft. in front of R ft. (ct. "and"); step sdwd. R on R ft. (ct. 2); stamp L ft. next to R ft., taking no weight (ct. "and").
- 3-4 Facing center, repeat action of MEAS. 1-2, PATTERN II, but with opposite footwork and direction.
- 5- 8 Repeat action of MEAS. 1-4, PATTERN II; (Repeat action of MEAS. 1-8, PATTERN II, once through again). (Correct style of stamps is to actually place stamping foot a little of, instead of precisely "next to" the other foot). ↙forward

MEAS. PATTERN III

- 1 Facing center and continuing arm movement of PATTERN II, step slightly sdwd. R on R ft. (ct. 1); step on L ft. in front of R ft. (ct. "and"); step on R ft. in place (ct. 2); step on L ft. next to R ft. (ct. "and").
- 2 Step on R ft. in front of L ft. (ct. 1); step on L ft. in place (ct. "and"); step slightly sdwd. R on R ft. (ct. 2); step on L ft. in front of R ft. (ct. "and").
- 3-4 Facing center, repeat action of MEAS. 1-2, PATTERN II.
- 5-6 Facing center, repeat action of MEAS. 1-2, PATTERN III, but with opposite footwork and direction.
- 7-8 Facing center, repeat action of MEAS. 3-4, PATTERN II. (Repeat action of MEAS. 1-8, PATTERN III, once again). (Repeat entire dance from the beginning).

MEAS. PATTERN "ENDING SEQUENCE"

- 1-7 After entire dance is performed twice through omit MEAS. 8 on the repeat of PATTERN III, but dance MEAS. 1-7, PATTERN III, the same as before.
- 8 Leap sdwd. L onto L ft. while simultaneously kicking R leg (knee straight) fwd. (ct. 1); slap R ft. fwd to signal completion of dance. (ct. 2).

PIRINSKA IGRA

~~This couple dance, presented by Marcus Moskoff, is from the repertoire of the State Ensemble for Folk Songs and Dances in Blagoevgrad, Bulgaria.~~

Record: "Marcus Moskoff Introduces Songs and Dances of Bulgaria"
Vol. I "PIRINSKA IGRA"
Music: 7/16; Slow, Quick, Quick (counted ^{ONE, TWO, THREE})
Formation: Couples with front-basket hand hold, facing counter-clockwise around circle (SKATING POSITION). ^{2 are}
Dance begins after instrumental introduction of 8 MEAS..

MEAS. PATTERN I

- 1 Step fwd. on R ft. (ct. 1); step on L ft. next to R ft. (ct. 2) step slightly fwd. on R ft. (ct. 3).
- 2 Step fwd. on L ft. (ct. 1); step on R ft. next to L ft. (ct. 2) step slightly fwd. on L ft. (ct. 3).
- 3 Step fwd. on R ft. (ct. 1); hop on R ft. while slightly lifting L ft. (ct. 2); step fwd. on L ft. (ct. 3).
- 4 Step fwd. on R ft. (ct. 1); step on L ft. next to R ft. (ct. 2) step slightly fwd. on R ft. (ct. 3).
- 5-8 Repeat action of MEAS. 1-4, PATTERN II, but with opposite footwork

MEAS. PATTERN II

- 1 (MAN) Dropping L hand to place on hip and lifting joined R hand high to turn woman clockwise, step sdwd. R on R ft. (ct. 1); hop on R ft. while lifting L ft. fwd. (ct. 2); crossing in front of R ft., step on L ft. (ct. 3).
- 2 Twizzle on both feet to face diag. fwd. L (both heels pivot sdwd. R) (ct. 1); facing diag. fwd. L, step bkwd. on L ft. (ct. 2); step on R ft. in front of L ft. (ct. 3).
- 1 (WOMAN) Dropping L hand to place on hip and lifting R joined hand high to turn 180° clockwise under man's arm, step to turn R on R ft. (ct. 1); hop on R ft. while lifting L ft. (ct. 2); step to turn R on L ft. (ct. 3).
- 2 Turning to perform a 180° clockwise turn back to original place, step to turn R on R ft. (ct. 1); step to turn R on L ft. (ct. 2); step to turn R on R ft. (ct. 3).

PIRINSKA IGRA (CONTINUED)

MEAS.

PATTERN II (CONTINUED)

(MAN and WOMAN together)

3 - 4

Joining both hands as in starting position, repeat action of MEAS. 1-2 (MAN), PATTERN II, but with opposite footwork and direction.

5

Step slightly bkwd. on R ft. (ct. 1); step on L ft. next to R ft. (ct. 2); step slightly fwd. on R ft. (ct. 3).

6

Step sdwd. L on L ft. (ct. 1); lift R leg fwd. and up in a counter-clockwise arc (ct. 2); tap R heel in front of L ft., taking no weight (ct. 3).

7

Lift R leg fwd. and up in a clockwise arc (ct. 1); step directly bkwd. on R ft. and flex both knees into a $\frac{1}{2}$ kneeling position with R knee down (ct. 2); shift all weight onto R ft. without changing kneeling position (ct. 3).

8

Standing upright, step slightly bkwd. on L ft. (ct. 1); step on R ft. next to L ft. (ct. 2); step fwd. on L ft. (ct. 3). (Repeat entire dance from the beginning).

MEAS.

PATTERN III

1

After the preceding is performed twice through, couples will turn together twd. L to face center of the circle. Continuing with front basket hold, step sdwd. R on R ft. (ct. 1); step on L ft. in front of R ft. (ct. 2); step sdwd. R on R ft. (ct. 3).

2

Step on L ft. behind R ft. (ct. 1); step sdwd. R on R ft. (ct. 2); step on L ft. in front of R ft. (ct. 3).

3

Step sdwd. R on R ft. while bringing L leg fwd. and up in a clockwise arc (ct. 1); hold L leg in high lift position fwd. (bent knee) while slightly bouncing on R heel (ct. 2); pause for ct. 3.

4

Repeat action of MEAS. 3, PATTERN III, but with opposite footwork and direction.

5 - 8

Repeat action of MEAS. 1-4, PATTERN III.

(Repeat action of MEAS. 1-8, PATTERN III, once again).

(Repeat entire dance from the beginning).