

the LAGUNA folkdancers



welcome you!

SYLLABUS

2018

Buchemis

(Western Thrace, Bulgaria)

This dance is from Western Thrace, near to the Sop region.

Pronunciation: BOO-che-mish

Translation: There is just a speculation about a connection to the name of a plant.

Music: 15/16 meter (2.2.2.2.3.2.2),
counted 1,2,3,4,5,6,7

Formation: Open circle; belthold.

Steps & Styling: Cheerful and light

<u>Meas</u>	<u>15/16 meter</u>	<u>Pattern</u>
2 meas		<u>INTRODUCTION.</u> No action.
0		<u>BASIC STEP</u>
1		Facing and moving R: 5 running steps (R,L,R,L,R) (1,2,3,4,5), hop on R (6), step on R (7).
2		
3-4		
	I.	<u>FIGURE 1</u>
1		Facing ctr and moving R: Step on R to R (1), step on L behind R (2), step on R to R (3), step on L behind R (4), step heavily forward onto R (5), step quickly on L then quickly on R (6&), no movement (7).
2		Repeat meas 1 with opp ftwk and dir
3-4		Repeat meas 1 and 2.
	II.	<u>FIGURE II</u>
1		Facing ctr and moving R: Step on R to R (1), step on L behind R (2), step on R to R (3), step on L behind R (4), step on R to R (5), hop on R (6), nstamp L ft next to R, no wt (7).
2		Repeat meas 1 with opp ftwk and dir
3-4		Repeat meas 1 and 2.
	III.	<u>FIGURE III</u>
1		Facing ctr and moving R: Step on R to R (1), step on L behind R (2), step on R to R (3), step on L behind R (4), land on both ft, Lft fwd (5), land on both ft, Rft fwd (6), land on both ft, Lft fwd (7). (cts 5-7 are a "scissors step.")

2 Repeat meas 1 with opp ftwk and dir

3-4 Repeat meas 1 and 2.

IV. FIGURE 4

1 Facing ctr and dancing in place: Step fwd on R in front of L (1), step back in L in place (2), step fwd on R in front of L (3), step back in L in place (4), lift L heel off floor as you place R heel on floor twd ctr (5), lift L heel off floor as you place R heel on floor diag R (6), quickly step on R (7)

2 Repeat w opp ftwk

3-4 Repeat meas 1 and 2

V. FIGURE 5

1 Facing ctr and dancing in place: Step fwd on R in front of L (1), step back in L in place (2), step fwd on R in front of L (3), step back in L in place (4), hop on L while kicking R fwd (5), lift L heel off floor as Rft begins to come around behind L (6), step on R behind L (7)

2 Repeat w opp ftwk

3-4 Repeat meas 1 and 2

VI. FIGURE 6

1 Repeat cts 1-4, Fig I, then repeat cts 5-7 Fig V

2 Hop on R (1), stamp L, no wt (2), step on L in place (3), stamp R, no wt (4), jump onto both ft, ft apart (5), jump onto both ft, ft together (6), pause (7).

3-4 Repeat meas 1 and 2 w opp ftwk and dir

5-8 Repeat meas 1-4.

Sequence: 4 basic steps, then Fig I, II, III, IV, V, IV, V, VI

Presented by Gergana Panova
Translated by Lee Otterholt

Buenek

(Thracia, Bulgaria)

This female dance is from Thracia but it is typical for almost all regions of Bulgaria.

It is connected with the initiative ritual of Lazarki and is the symbolical way of the young women. They move with these steps from home to home and visit all families in the village.

Pronunciation: boo-E-neck Translation: no one

Music: 2/4 meter

Formation: Open circle; hands in V-position.

Steps & Styling: Small steps, very feminine

Meas 2/4 meter

Pattern

8 meas INTRODUCTION. No action.

I. BASIC STEPS

1-2 Facing and moving R: 2 steps (R,L); (on relatively straight R knee and more bent L knee, so body moves up on cts and down on “&s.”); slight movement (R-L) of the shoulders.

FORMATIONS:

The female group moves forward and draws spirals, crosses, labyrinths, gates , sideways (step-together)....

Presented by Gergana Panova

Damyana

(Pirin-Macedonia, Bulgaria)

This dance is a Shirto-type dance arranged by Gergana Panova

Pronunciation: dahm-YAH-nah

Translation: This is a female name

The lyrics is about the birth of a daughter.

Music: 7/8 meter (3.2.2) or “long-short-short” counted 1,2,3

Formation: Mixed circle; hands in W-position.

Steps & Styling:

<u>Meas</u>	<u>7/8 meter</u>	<u>Pattern</u>
16 meas	<u>INTRODUCTION.</u> No action. (Or 8 measures no action, then 8 measures Fig II.)	
	I.	<u>FIGURE 1 (Danced during singing)</u>
1		Facing and dancing to R: Step on R (1), step on L (2), step on R (3)
2		Repeat meas 1 w opp ftwk
3		Turning to face ctr: Step on R ft to R, keeping L ft in place on floor (1), turning diag L, bounce on Rft (2-3)
4		Repeat meas 3 w opp dir and ftwk
5-8		Repeat meas 1-4
9-10		Repeat meas 1-2
11-12		Use 2 slow-quick-quick steps (6 steps) to turn $\frac{3}{4}$ turn to R, R arm leading, ending facing ctr and hands joined low (V-pos) (Meas 9-12 is a Sirto with turn.)
13-14		Facing ctr and moving twd ctr: 2 “slow-quick-quick” steps (6 steps) twd ctr with arms moving to W pos.
15-16		Facing ctr and moving away from ctr, with arms coming slowly down to V pos: Step back on R ft (1), step back on L ft (2-3), step back on R ft (1), step back on L ft (2-3)
	II.	<u>FIGURE 2 (Instrumental)</u>
1-2		Facing and moving R, with arms in W pos: 2 “slow-quick-quick” steps (6 steps)
3		Facing R and moving bkwd in RLOD: One “slow-quick-quick” step (3 steps) bkwd in RLOD as hands come come down to V pos.

2

Damjana— continued

4

Turning to face ctr and bringing hands up to W pos: Step on L to L (1), step on R in front of L (2), step on L in place (3).

Presented by Gergana Panova

Deninka

(Pirin-Macedonia, Bulgaria)

This women's dance is from the Pirin-Macedonian region of Bulgaria. Traditionally danced by the bride and her female relatives and friend the day before the wedding to say "goodbye" to the bride.

Pronunciation: DEH-nin-kah

Translation: Deninka is Bulgarian female name

Music: 7/8 meter (2.2.3 or short-short-long) OR 3/4 (which Gergana uses)

Formation: Open circle; hands in V-position.

Steps & Styling: Soft, gentle movements

Meas 3/4 meter

Pattern

8 meas INTRODUCTION. No action.

- 1 Facing ctr: step on R twd ctr. Arms begin to swing fwd (1-2), lift R heel off floor (3).
- 2 Step back on L away from ctr. Arms begin to sway back (1-2), lift L heel off floor (3).
- 3 Turning to face R and moving to R: Lift L heel off floor (1), step on R (2), step on L (3).
- 4-5 Continuing to move in LOD: 6 steps forward while bringing arms slowly up to W pos
- 6 Turning to face ctr: Step on R to R (1), step on L in front of R, arms come to W-pos (2), step on R in place (3).
- 7 Lift R heel off floor (1), step on L to L (2), step on R in front of L (3).
- 8 Lift R heel off floor (1), step on L to L (2), step on R behind L (3).
- 9 Repeat meas 7.
- 10 Step on L away from ctr as arms begin to swing down and back (1-2), lift L heel off floor (3).

Presented by Gergana Panova
English translation by Lee Otterholt

Krivo Sadovsko

(Shopluk, Bulgaria)

This dance is from the Shop region of Bulgaria and is a very special rhythm from the village of Sadovo.

Pronunciation: KRI-voh SAH-dov-skoh Translation: “The crooked horo from Sadovo”

Music: 13/16 meter (2.2.2.3.2.2),
counted 1,2,3,4,5,6

Formation: Open circle; Men at the front and end of the line; belthold.

Steps & Styling: Cheerful and jumped.

<u>Meas</u>	<u>13/16 meter</u>	<u>Pattern</u>
4 meas	<u>INTRODUCTION.</u> No action.	
	I.	<u>FIGURE 1</u>
1		Facing ctr and moving R: Step on R to R (1), step on L behind R (2), step on R to R (3), step on L behind R (4), hop on L (5), step on R behind L (6).
2		Step on L in front of R (1), step on R to R (2), step on L in front of R (3), step on R to R (4), (4), hop on R (5), stamp on L (6).
3-4		Repeat meas 1 and 2 with opp ftwk and dir
	II.	<u>FIGURE 2</u>
1		Facing ctr and moving R: Step on R to R (1), step on L behind R (2), step on R to R (3), step on L behind R (4), hop on L (5), step on R behind L (6).
2		Repeat meas 1 with opp ftwk and dir
	III.	<u>FIGURE 3</u>
1		Facing ctr and moving fw: 4 steps forwards (R-L-R-L) (1-2-3-4), hop on L (5), stamp on R (6).
2		Hop on L (1), stamp on R to R (2), hop on L (3), stamp on R in front of L(4), hop on L (5), step on R (6).
3-4		Repeat meas 1 and 2 backwards with opp ftwk

Sequence: Fig 1 twice, Fig 2 once, Fig 1 twice, Fig 3 twice.

Presented by Gergana Panova

Minchovo

(Northern Bulgaria)

This dance was arranged to the music by Gergana Panova using Minchovo-motifs. Sometimes the best young dancer in the village created very new steps on Sunday dance event. When the leader accepted this creation, the group took the steps and named the dance after the name of the young dancer. Maybe the author of Minchovo was a young man Mincho.

Pronunciation: MINN-choe-voe Translation: Mincho is a male name in Bulgaria.
"The dance of Mincho"

Music: 2/4 meter

Formation: Two lines facing each other; hands sometimes in V-position, sometimes in W-position.

Steps & Styling: Cheerful and light.

Meas 2/4 meter Pattern

SHORT INTRODUCTION

IA TWO TWO-STEPS ZIG-ZAG FORWARD

- 1 Facing and moving twd ctr, hands in W-pos: Large step on R heel diag R (1), step on L behind R (&), step fwd on R (2),
- 2 Repeat meas 1 w opp ftwk to diag L
- 3 Facing ctr, leaning fwd from waist and moving away from ctr, while bringing the arms slowly down to V-pos: Step back on R, keeping L heel on floor in front and turning heel in to L ("twizzle") (1), Step back on L, keeping R heel on floor in front and turning heel in to R ("twizzle") (2).
- 4 Step back on R, keeping L heel on floor in front and turning heel in to L ("twizzle") (1), step on L in place, bringing R ft sharply up in front of L shin, upper body upright and raising hands quickly to W-pos
- 5-16 Repeat meas 1-4 three more times, but on fourth time, keep arms in V-pos and stretch R leg out straight twd ctr ("scissors")

IB. SCISSORS WITH STAMPS

- 1-2 Scissors step, stepping on R (1), L (2), R (1), hop on R while turning body diag L and extending straight L leg to L(2)
- 3-4 Repeat meas 1-2 w opp ftwk
- 5-6 Repeat meas 1-2
- 7 Turning to face ctr and bringing hands to W-pos: Hop on R (1), stamp Lft (&), step on L in place (2), stamp Rft (&).

- 8 While bringing hands down to V-pos: Step on R in place (1), step on L in place (&), step on R in place and extend straight L leg twd ctr (2).
- 9-16 Repeat meas 1-8 w opp ftwk

IIA. BIG TRIANGLES

- 1 Facing diag R and moving diag R twd ctr, hands in W-pos: Big step on R (1), hop on R, bringing straight L leg to side (2)
- 2 Still moving diag R twd ctr: Big step on L (1), hop on L (2)
- 3 Large and heavy step on R diag R away from ctr, keeping L leg straight and bending body to R, hands in V-pos (1), step on L, straightening body (2), step on R diag R away from ctr (a)
- 4 Step on L (1), step on R diag R away from ctr (a), step on L (2)
- 5 Repeat meas 3
- 6 Step on L (1), step on R, turning to face ctr (2)
- 7 Big step on L to L (1), step on R in front of L, bringing arms up to W-pos(2)
- 8 Big step on L to L (1), step on R behind L, bringing arms down to V-pos(2)
- 9-16 Repeat meas 1-8 with opp dir and ftwk

IIB. SCISSORS WITH TOUCH BEHIND

- 1-4 Repeat meas 1-4, Fig 1B
- 5-6 Repeat meas 1-2, Fig 1B, but lift straight L leg as high as possible in front, twd ctr on last ct (instead of to side)
- 7 Bending body fwd from waist and keeping R leg straight, touch L behind, away from ctr (1), bending R knee, stretch L leg fwd (“scissors”) (2)
- 8 Step on L, stretching R fwd (“scissors”) (1), Step on R, stretching L fwd (“scissors”) (2)
- 9-16 Repeat meas 1-8 w opp dir and ftwk

Sequence: Fig I twice, Fig II twice, Fig I once, Fig II once.

Zagorsko Shterkolyovo

(Thrace, Bulgaria)

This dance is a variation of Shterkolyovo from the region of Stara Zagora (Zagore) in Thrace. Presumably, the base dance was devised by a young man named Kolyo and became more and more popular in the middle part of Thrace.

Pronunciation: zah-GORE-skoh Translation: The Shterkolyovo from Zagore
shtair-KOHL-yoh-voh

Music: 2/4 meter

Formation: Open circle; Men at the front and end of the line; hands in V-position or belthold.

Steps & Styling: Cheerful

Meas 2/4 meter Pattern

INTRODUCTION (Start on singing)

I. BASIC 10 MEASURE PATTERN

- 1 Facing ctr and dancing in placer: Step on R, slightly diag R (1), hop on R, swinging Lft in front of R leg (2).
- 2 Step on L, slightly diag L (1), hop on L, swinging Rft in front of L leg (2).
- 3 Repeat meas 1
- 4 Still facing ctr but moving L: Step on L to L (1), step on R behind L (2).
- 5 Sway on L to L (1), step on R to R, now moving to R (2)
- 6 Step on L behind R (1), step on R while turning to face R (2)
- 7 Facing R and moving R: Step on L (1), step on R (&), step on L (2).
- 8 Step on R (1), stamp Lft next to R (2)
- 9 Step on L (1), step on R (2).
- 10 Hop on R while bringing L around behind R (1), step on L behind R (2).

Repeat until end of music.

Presented by Gergana Panova

ATMA TÜRKÜ

(Turchia)

Dance in Eastern Turkey (from the region of Rize, Black Sea) style composed by Roberto Bagnoli to the song by Karmate & Resul Dindar. The name of the songs atma türkü, meaning “spontaneous folk song”, is a unique poetic form in the Rize region. The poem is recited reciprocally between two poets; one recites and the other replies; thus the poem flows on.

Music: CD: Ethnic Journey 2017 - Roberto Bagnoli
Rhythm: 4/4
Formation: Mixed lines, facing ctr, holding hands low, arm in V pos

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Step with R, L, R (1-3) diag R to ctr, swinging arms fwd & back, hop on R fwd (4), lifting L in front
2	Step on L bkwd (1), hop on L (2) lifting R in front, still swinging arm. Step on R (3), hop on R, lifting L in front (4)
3-4	Repeat pattern of meas 1-2 with opp ftwk
5-8	Repeat pattern of meas 1-4
	2. Figure 2
1	Jump on both feet, slightly apart (1), bounce twice in place (2&). Repeat action of ct 1-2& (3-4&)
2	Leap on R to R (1), lifting L to L, knee bent and close to R knee, bounce twice on R, touch L heel in front of R (2-3), moving to R, leap on L to R, crossed in front of R (4)
3-8	Repeat pattern of meas 1-2 three more times
	3. Figure 3
1	Step on R to R (1), hop on R (&), step on L fwd (2). Repeat action of ct 1&2 (3&4)
2	Leap on R to R (1), lifting L behind, hold (2), step on L bkwd (3), step on R next to L (&), step on L fwd (4)
3	Step on R fwd to R (1), bending both knees, step on L next to R (2), stretching both knees; repeat action of ct 1-2 (3-4)
4	Repeat action of Meas 3, ct 1-2 (1-2), stamp R twice in place (3-4)
5-24	Repeat pattern of meas 1-4 five more times
Sequence of the dance	Fig. 1 - Fig. 2 - Fig. 1 - Fig. 2 Fig. 1 - Fig. 2 (meas. 1-4) - Fig. 3 Fig. 2 (meas. 5-8) - Fig. 1 - Fig. 1

Presented by Roberto Bagnoli

Words to the song

*Ayaginda coraplar kalemleri uzundur
Seni güzel gösteren o kirmizi yüzündür
Basindaki cemberin dali var cicegi yok
Ha bu deli gönl*

Presented by Roberto Bagnoli

AY KIZIM

(Moldova)

From the Gagauz minority in southern Moldova. The Gagauz people are a Turkish-speaking group living mostly in southern Moldova, Ukraine, Romania, Bulgaria, Greece, Brasil, United States and Canada. The Gagauz are Orthodox Christians. There is a related ethnic group also called Gagauz living in the European part of north-western Turkey . The Gaugaz language is particularly close to the Turkish dialects spoken in Greece, in north-eastern Bulgaria and in the Kumanovo and Bitola areas of Macedonia. The type of dance is called Kadynzha, from Comrat. The title means “Ay, daughter”. The song is about a father trying to convince her daughter that the boy she’s dating is not worth her efforts.

Music: CD: Ethnic Journey 2017.2 - Roberto Bagnoli
Rhythm: 9/8 - 2 + 2 + 2 + 3 (Quick-quick-quick-slow)
Formation: Mixed line, facing LOD, holding hands in V pos

Measure	Description
1-?	Introduction. No action.
	1. Figure 1
1	Step on R to R (1-2), step on L across in front of R (3-4), step on R to R (5-6), leap on L across behind of R, lifting R knee (7-9)
2	Small hop on L, lifting R knee (1-2), step on R fwd (3-4), hop on R, lifting L knee (5-6), step on L fwd (7-9)
3	Step on R to R (1-2), step on L across behind of R (3-4), step on R to R (5-6), leap on L across in front of R, lifting R knee (7-9)
4	Moving inside, R of center, small hop on L, lifting R knee (1-2), step on R fwd (3-4), hop on R, lifting L knee (5-6), step on L fwd (7-9)
5	Chug on L, keeping R bent behind of L (1-2), hold (3-4), small hop on L, lifting R to the side, knees together (5-6), hop on L, touching R heel in front (7-9)
6	Hop on L, lifting R back (1-2), step on R bkwd (3-4), hop on R, lifting L back (5-6), step on L bkwd (7-9)
7	Step on R heel fwd (1-2) facing centre, step on L to L (3-4), step on R ball back (5-6), step on L to L (7-9)
8	Repeat pattern of meas 7
9	Moving inside to the centre, hop on L, lifting R (1-2), step fwd on R (3-4) step fwd on L (5-6), step fwd on R (7-9)
10	Small hop on R, lifting L (1-2), touch L heel fwd (3-4), hop on R, lifting L back (5-6), step on L bkwd (7-9)
11	Moving out of the centre, hop on L, lifting R (1-2), step bkwd on R (3-4) step bkwd on L (5-6), step bkwd on R (7-9)
12	In place, hop on R, lifting L (1-2), step on L in place (3-4) step on R in place (5-6),

Presented by Roberto Bagnoli

13-24 step on L in place (7-9)
Repeat pattern of meas 1-12

2. Figure 2

- 1 In LOD, step fwd on R (1-2), step fwd on L (3-4), step fwd on R (5-6), leap fwd on L, lifting R knee (7-9)
- 2 Repeat pattern of meas 1
- 3 Moving to the side inside the centre, step on R across in front of L (1-2), step on L to L (3-4), step on R across in front of L (5-6), step on L to L (7-9), ending facing centre
- 4 Hop on L, lifting R back (1-2), step on R bkwd (3-4), hop on R, lifting L back (5-6), step on L bkwd (7-9)
- 5 Hop on L, lifting R back (1-2), touch R bkwd (3-4), hop on L, lifting R fwd (5-6), touch R heel in front (7-9)
- 6 Leap on R to R (1-2), touch L heel in front (3-4), leap on L to L (5-6), touch R heel in front (7-9)
- 7 Hop on L and step on R fwd (1-2), bounce on R (3-4), step on L bkwd (5-6), hold (7-9)
- 8 Step on R to R (1-2), hold (3-4), leap on L to L (5-6), stamp R in front, flat foot (7-9)

BUSUIOCUL

(Romania)

‘Basilic’ Dance by Silviu Cicicumis, from Moldova region.

Music: CD: Ethnic Journey 2018 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed circle, facing LOD, holding hands in W pos

Measure	Description
1-16	Introduction. No action.
	1. Figure 1
1	Moving in LOD, step on R to R (1), step on L next to R (&), step on R to R (2)
2	Repeat pattern of meas 1 with opp ftwk
3-8	Repeat pattern of meas 1-2 three more times
	2. Figure 2
1	Facing centre and moving to R, Step on R to R (1), step on L next to R (&), stamp R close to L (2)
2	Repeat pattern of meas 1
3	Step on R to R (1), step on L next to R (&), Step on R to R (2), step on L next to R (&)
4	Repeat pattern of meas 1
5-8	Repeat pattern of meas 1-4
	3. Figure 3
1	Facing diag R of centre Steps on R, L (1-2)
2	Steps on R (1), touch L next to R (2)
3-4	Repeat pattern of meas 1-2 with opp ftwk, moving bckd of centre on R diag
5-8	Repeat pattern of meas 1-4

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Busuioace, busuioace,
vei creúte úî nu te-ai coace.
Dar de ce sî nu mî coc,
cî-s o floare cu noroc.
// Cresc frumos in grîdiniî
mî pun fetele-n cosiî. //
Iu, iu, iu, iu, iu, u, uuui ui, ui, ui, ui, uu!
Busuioc mîndru-n cîrare sîmînat de-o fatî mare. L-o udat úî l-o plijit*,
la flîcîi l-o dîruit.
// la flîcîi fîr de musteaî úi sînvaîa strînge-n braîe. // Iu, iu, iu, iu, iu, u!
Busuioace de te-ai face úi la varî nu te-ai coace, cî din sîmîncioara ta
va izvorî dragostea.
De trei ori pe dupî masî,
sî iasî rîul din casî,
sî rîmînî binili sî trîiascî tinerii.
Iu, ...!

CIGINA KRIŽALJKA

(Serbia)

Dance in Gypsy style made by Ben Koopmanschaap.

Music: CD: Ethnic Journey 2018 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed lines, facing LOD, holding hands low in V pos

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Moving in LOD: lifting on L (&), Step to R with R-L-R (1&2)
2	Moving in LOD: lifting on R (&), Step to R with L-R-L (1&2)
3	Turning to L to face RLOD, Hop on L (&), step back on R (1), Hop on R (&1), step back on L (2)
4	Still facing and moving in RLOD: lifting on L (&), step to L with R-L-R (1&2)
5-8	Repeat pattern of meas 1-4 with opp ftwk and direction
	2. Figure 2
1	Facing centre and turning body diag L, Step with R-L-R (1&2) towards centre
2	Step on R across in front of L (1), step on L across in front of R (2)
3	Skip step with R, L backwards
4	Repeat pattern of meas 3
5-8	Repeat pattern of meas 1-4 with opp ftwk
	3. Figure 3
1	In place: step on R (1) across in front of L, step on L in place (&), step on R to R (2), step on L in place (&)
2	Close R next to L (1), hold (2)
3	Repeat pattern of meas 1
4	Step on R (1) across in front of L, step on L in place (&), close R next to L (2)
5-8	Repeat pattern of meas 1-4 with opp ftwk and dir

Presented by Roberto Bagnoli

GATIJ ÈD GOJ

(Italia/Occitania)

Dance in slow 3/4 meter with elements of a Mazurka and Waltz. The dance is composed to the Occitan music *Gatij èd gòj*, meaning “tickles of joy” from the folk music group ARIA. Composed by Bianca de Jong,

Music: CD: Ethnic Journey 2018 - Roberto Bagnoli
Rhythm: 3/4
Formation: Couples in front of and facing each other, man with back to ctr. Men start with L, women with R.

Measure	Description
	No introduction.
	1. Figure 1
1	Step in place (1), swing free leg in front (2) and bounce (3)
2	Repeat pattern of meas 1 with opp ftwk
3-4	Change place in two Waltz steps: woman gives L hand to the R of the man and turns L under her L arm
5-8	Repeat action of meas 1-4 on opp direction, holding hands ending facing LOD in “varsouvienne position” Man: R arm over shoulders of woman and holds R hand of woman (woman R arm in W-pos) Woman: L arm in front of man and both hold L hand (man L arm in W-pos)
	2. Figure 2
1	Step-step-hop (<i>Mazurka step</i>) in LOD
2	Repeat pattern of meas 1
3-4	Two Waltz step fwd in LOD, changing place: woman diag L fwd in front of the man
5-8	Repeat pattern of meas 1-4 changing back to place on meas 7-8
9-10	Cast off in 2 Waltz steps twd LOD =woman outside R, man inside L
11-12	Cast off twd RLOD, end facing partner (woman facing in, man facing out)
13-14	2 Waltz steps fwd passing L shoulder (woman twd ctr, man out)
15-16	2 Waltz steps bkwd, passing L shoulder again
17-32	Repeat pattern of meas 1-16, at the end everybody turn ¼ to R, to face a new partner, Man with his back in LOD, Woman facing LOD
33-36	Waltz 4 steps around in LOD with new partner in ballroom pos, ending in starting pos

Presented by Roberto Bagnoli

HOPA HOPA

(Shqiptar)

Dance composed by Steve Kotansky to the albanian song *Hopa Hopa* sung by Poni.

Music: CD: Ethnic Journey 2017 - Roberto Bagnoli
Rhythm: 4/4
Formation: Mixed lines, facing ctr, holding hands, arm in V pos

Measure	Description
	No Introduction.
	1. Figure 1A
1	Step on R to R (1), step on L across in front of R (2), step on R to (3), touch L next to R (4)
2	Repeat pattern of meas 1 with opp ftwk and dir
3-4	Repeat pattern of meas 1-2
	2. Figure 1B
1	Moving diag R into ctr, step on R, L, R (1-3), touch L next to R (4)
2	Moving back from ctr, step on L, R, L (1-3), touch R next to L (4)
3-4	Repeat pattern of meas 1-2
	3. Transition
1	Full turn to R with R, L, R, L (1-4)
	4. Figure 2
1	Facing LOD, hop on L, lifting R leg straight and touching R fwd (1), step on R fwd (&), hop on R, lifting L leg straight and touching L fwd (2), step on L fwd (&), hop on L, lifting R leg straight and touching R fwd (3), turning to face ctr, step on R to R (&), rock on L crossed behind R (4), step on R in place (&)
2	Hop on R, lifting L leg straight and touching L fwd (1), turning to face ctr, step on L to L (&), rock on R crossed behind L (2), step on L in place (&), hop on L, lifting R leg straight and touching R fwd (3), turning to face ctr, step on R to R (&), rock on L crossed behind R (4), step on R in place (&)
3-4	Repeat pattern of meas 1-2 with opp ftwk and dir
5-8	Repeat pattern of meas 1-4
	5. Figure 3
1	Facing ctr, step on R heel sdwd R (1), swinging arms fwd, step on L across behind R (&), step on R heel to (2), swinging arms bkwd, step on L across in front of R (&), step on R heel sdwd R (3), swinging arms fwd, step on L across behind R (&), step on R

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- heel to (4), swinging arms bkwd, step on L across in front of R (&)
- 2 Facing ctr, step on R heel sdwd R (1), swinging arms fwd, step on L across behind R (&), step on R heel to (2), swinging arms bkwd, step on L across in front of R (&), step on R heel sdwd R (3), swinging arms fwd, step on L across behind R (&), step on R heel to (4), swinging arms bkwd, lift L back
- 3-4 Repeat pattern of meas 1-2 with opp ftwk and dir

6. Figure 4

- 1 Step on R-L-R fwd twd ctr (1&2), hop on R (&), bringing arms in W pos
Step on L-R-L bkwd out of ctr (1&2), hop on L (&), lowering arms in V pos
- 2 Step in place on R-L-R turning to R (1&2)
Step in place on L-R-L turning to L (1&2)
- 3-4 Repeat pattern of meas 1-2

Sequence of the dance Fig. 1A - Fig. 1B - Trans. - Fig. 2 - Fig. 3 - Fig. 4
 Fig. 1B - Fig. 1B - Trans. - Fig. 2 - Fig. 3 - Fig. 4
 Fig. 1B - Fig. 1B - Trans. - Fig. 2 - Fig. 3 - Fig. 4
 Trans. - Fig. 1B - Fig. 1B - Trans. - Fig. 2 - Fig. 4

Presented by Roberto Bagnoli

HOPAI DIRI DA

(Romania)

Romania/Gypsy. The song is sung by Damian & Brothers, a romanian gypsy band, one of the most famous and authentic taraf orchestra. Choreography by Roberto Bagnoli, dedicated to the wedding of Cristian Florescu and Sonia Dion.

Music: CD: Ethnic Festival 2014 - Roberto Bagnoli

Rhythm: 2/4

Formation: Mixed circle, facing centre, no holding

Measure	Description
1-6	Introduction. No action.
	1. Figure 1
1	Step on R twd ctr (1), step on L in place (&), step on R bck (2), step on L in place (&)
2	Repeat pattern of meas. 1
3	Moving twd ctr, two steps with R (1), L (2)
4	Jump on both feet apart (1), jump on both feet together (2)
5-6	Repeat pattern of meas. 1-2
7	Jump on both feet apart (1), jump on the bal of both feet (2), R foot crossed in front of L
8	Turning on the ball of feet, do half turn to the L in place, ending facing out
9-16	Repeat meas 1-8 (starting back to the ctr and finish facing ctr).
	2. Figure 2
1	Step on R to R (1), hop on R (2), lifting L in front of R
2	Step on L across in front of R (1), step on R to R (&), step on L across in front of R (2)
3	Sway on R to R (1), sway on L to L (2)
4	Step on R to R (1), step on L across in front of R (2)
5-6	Repeat pattern of meas. 1-2
7	Step on R to R (1), step on L across behind R (2)
8	Step on R to R (1), step on L across in front of R (2)
9-16	Repeat meas 1-8 (starting back to the ctr and finish facing ctr).
	3. Figure 3
1	Step on R to R (1), touch L in front of R (2)
2	Touch L to L (1), step on L across behind R (2), step on R to R (&)
3	Step on L across in front of R (1), step on R to R (2), step on L close to R (&)
4	Step on R to R (1), step on L to L (2)
5	Step on R to R (1), touch L in front of R (2)
6	Touch L to L (1), step on L across behind R (2), step on R to R (&)
7	Step on L across in front of R (1), leap on R to R (2), lifting L behind R calf

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- 8 Leap on L to L (1), lifting R behind L calf, step on R to R (2), step on L close to R (&)
- 9-10 Starting with R, do a complete turn to R, with R-L-R (1&2) and L-R-L (1&2), ending facing ctr
- 11-20 Repeat meas 1-10

HORA MARE VRANCENEASCA

(Romania)

Romania, Moldova.

Music: CD: Ethnic Journey 2017 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed dancer on a circle, facing ctr, holding hands, arm in W pos

Measure	Description
	No Introduction.
	1. Figure 1A
1	Moving diag R into ctr, step on R, L (1-2)
2	Step on R fwd (1), touch L next to R (2)
3-4	Turnig to L to face slightly L of ctr, repeat pattern of meas 1-2 with opp ftwk and dir, moving back from ctr
5-16	Repeat pattern of meas 1-4 three more times
	2. Figure 2
1	Moving diag R into ctr, step on R, L (1-2)
2	Turning L to face ctr, step on R-L-R crossing in front (1&2)
3	Moving sideways L, step on L (1), step on R across in front of L (2)
4	Moving back from ctr, step bkwd on L-R-L (1&2)
5	Still facing ctr, step on R to R (1), step on L crossed behind R (2)
6	Step on R to R (1), touch L heel next to R (2)
7-8	Repeat pattern of meas 5-6 with opp ftwk and dir
9-16	Repeat pattern of meas 1-8
	3. Figure 3
1	Turning slightly R, step R to R (1), rock on L crossed in front of R (2)
2	Rock on R in place (1), step on L to L turning to face ctr (2)
3	Step on R across in front of L (1), step on L to L (2)
4	Step on R across behind L (1), step on L to L (2)
5-7	Repeat pattern of meas 3 three more times
8	Step on R across in front of L (1), bounce on R, lifting L (2)
9-16	Repeat pattern of meas 1-8 with opp ftwk and dir

Presented by Roberto Bagnoli

KIZ HORONU

(Turkey)

From North-East Turkey, *Artvin*. Two dances (Kiz Horonu and Deli Horon) on the melody of Kiz Horonu, sung by Karmate. Dance by Caspar Bik.

Music: CD: Ethnic Festival 2015 - Roberto Bagnoli
Rhythm: 5/8: counted as 1-2-3 **4** (QQQS)
Formation: Mixed lines, facing LOD, holding hands in “debka” pos

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Step on R-L-R fwd (1-2-3), leap on L fwd (4)
2-8	Repeat pattern of meas 1 seven more times
	2. Figure 2 - arms in V-pos
1	Facing ctr, step on R fwd (1-2), hop on R bringing L to the side and swinging arms fwd (3), step on L fwd (4), swinging arms bkwd
2	Step on R bkwd (1-2), hop on R bringing L to the side and swinging arms fwd (3), step on L bkwd (4), swinging arms bkwd
3-12	Repeat pattern of meas 1-2 five more times
13	Step on R-L-R bkwd (1-2-3), step on L bkwd (4)
14-16	Repeat pattern of meas 1 three more times getting closer to neighbours
	3. Figure 3
1	Facing ctr, step on R-L-R in place (1-2-3), moving hands in a small circle cw, leap on L in place, touching R heel to R (4), hands move to L
2-8	Repeat pattern of meas 1 seven more times
	4. Transition
1	Facing ctr, step on R-L-R fwd to ctr (1-2-3), step on L (4)
2-8	Repeat pattern of meas 1 three more times
	5. Figure 4 - arms in V-pos
1	Facing ctr, step on R-L-R to L (1-2-3), leap on L to L, touching R heel to R (4)
2-8	Repeat pattern of meas 1 seven more times
	6. Figure 5 - arms in V-pos
1	Facing line of direction, step on R fwd (1-2), hop on R (3), step on L fwd (4)
2	Stamp R next to L (1-2), hold (3), step on R bkwd (4) step on L next to R (&)
3-6	Repeat pattern of meas 1-2 two more times
7	Facing ctr, step on R next to L (1-2), bringing L fwd, bounce on R (3), step on L next to R (4), lifting R bkwd

Presented by Roberto Bagnoli

8-10 Repeat pattern of meas 7 **three** more times

7. Figure 6

- 1 Facing ctr and turning to diag L, touch R heel fwd, bending (1-2), hold (3), turning to face ctr, leap on R (4), leap on L (&) (scissors)
- 2 Facing ctr and turning to diag R, touch R heel fwd, bending (1-2), hold (3), turning to face ctr, leap on R (4), leap on L (&) (scissors)
- 3-8 Repeat pattern of meas 1-2 **three** more times

Sequence of the dance Fig. 1 - Fig. 2 - Fig. 3
 Fig. 1 - Fig. 2 - Fig. 3
 Fig. 1 - Fig. 2 - Transition
 Fig. 4 - Fig. 5 - Fig. 6 - Fig. 5 - Fig. 4
 Fig. 1 - Fig. 2

LOŽENO DEVOJKO

(Macedonia)

Macedonia, Skopje area. From the program of Wijnand Karel.

Music: CD: Ethnic Journey 2017.2 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed line, facing LOD, holding hands in V pos

Measure	Description
1-?	Introduction. No action.
	1. Figure 1
1	Step on R fwd on LOD (1), bounce on R lifting L in front (2)
2	Repeat pattern of meas 1 with opp footwork
3	Step on R, L fwd (1-2)
4	Step on R-LR fwd (1&2), ending facing centre
5	Step on L fwd to centre (1), bounce on L lifting R (2)
6	Step on R bkwd (1), bounce on R lifting L in front (2)
7	Step on L to L (1), step on R across in front of L (2)
8	Step on L to L (1), bounce on L lifting R (2)
9-24	Repeat pattern of meas 1-8 two more times
	2. Figure 2
1	In LOD step fwd on R-L-R (1&2)
2	Step fwd on L-R-L (1&2)
3	Step on R fwd (1), bounce on R lifting L in front (2)
4	Step fwd on L-R-L (1&2)
5	Step on R fwd (1), turning to face RLOD, bounce on R lifting L (2)
6	Step on L bkwd (1), bounce on L lifting R in front (2)
7	Still facing RLOD, step on R fwd (1), bounce on R lifting L (2)
8	Step fwd on L-R-L (1&2)
9	Step fwd on R-L-R (1&2)
10	Turning to face centre, step on L to L (1), bounce on L to L (2)
11	Shift weight on R (1), bounce on R to R (2)
12	Shift weight on L (1), bounce on L to L (2)

Presented by Roberto Bagnoli

MARI KIZ

(Moldova)

From the Gagauz minority in southern Moldova. The Gagauz people are a Turkish-speaking group living mostly in southern Moldova, Ukraine, Romania, Bulgaria, Greece, Brasil, United States and Canada. The Gagauz are Orthodox Christians. There is a related ethnic group also called Gagauz living in the European part of north-western Turkey . The Gagauz language is particularly close to the Turkish dialects spoken in Greece, in north-eastern Bulgaria and in the Kumanovo and Bitola areas of Macedonia. The dance is a Hora from Comrat. The title means “Mary, girl”

Music: CD: Ethnic Journey 2017 - Roberto Bagnoli
Rhythm: 6/8
Formation: Mixed line, facing ctr, holding hands in V pos

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Step on L across in front of R (1-2) bending knees, step on R to R (3), close L next to R (4), step on R to R (5-6),
2	Step on L across behind of R (1-2) bending knees, step on R to R (3), close L next to R (4), step on R to R (5-6),
3	Repeat pattern of meas 1
4	Step on L across behind of R (1-2) bending knees, step on R to R (3), step on L in place (4), close R next to L (5-6), with weight
5-16	Repeat pattern of meas 1-4 three more times
	2. Figure 2
1	Step on L fwd to diag R (1-2), bending knees and moving inside the circle, step on R fwd (3), step on L fwd (4), step on R (5-6)
2	Step on L fwd to diag R (1-2) bouncing on L and lifting R behind, step on R back (3), step on L next to R (4) turning to face L diag, step on R fwd (5-6)
3	Step on L bkwd on diag R (1-2), bending knees and moving away from, step on R bkwd (3), step on L bkwd (4), step on R bkwd (5-6)
4	Step on L bkwd (1-2) bending knees, step on R to R (3), step on L in place (4), close R next to L (5-6), with weight
5-8	Repeat pattern of meas 1-4

Presented by Roberto Bagnoli

REPASSEADO DO RIO D'ONOR

(Portugal)

Portugal. Couple dance form the region of Tras-os-montes and Alto Douro, in Northern Portugal, near the border with the Spanish region of Zamora

Music: CD: Ethnic Festival 2014 - Roberto Bagnoli

Rhythm: 4/4

Formation: Two couples in a small circle, M and W alternating; W on partner's R

Steps: Basic Step: Dance three step fwd with R-L-R (1&2), hop on R (&) turning to L to face opposite direction.

Dance three step bkwd with L-R-L (1&2), hop on L (6) turning to R to face opposite direction

Balancing Step: Rock fwd on R (1), rock bkwd on L (&), rock fwd on R (2), rock bkwd on L (&),

Measure	Description
1-8	Introduction. Holding hands low, dance 16 walking steps to R on the circle, then turn to L and dance 16 walking steps to L, releasing hands at the end
	1. Figure 1
1-4	Clap hands in front three times (1&2). M: starting with R foot fwd, dance 7 <i>Basic Steps</i> moving on the circle, facing alternatively partner and corner, (hands up) W: starting with L foot bkwd, dance 7 <i>Basic Steps</i> moving on the circle, facing alternatively partner and corner, (hands up)
	2. Figure 2
	Facing your partner, side to side with your corner. Hands low
1	M: starting with L foot, turn to L with three steps L-R-L (1&2), passing in front of your corner, dance one <i>Balancing Step</i> with R (3&4), hands up W: starting with R foot, turn to R with three steps R-L-R (1&2), passing behind your corner, dance one <i>Balancing Step</i> with L (3&4), hands up
2	Repeat pattern of meas 1 with opp ftwk and direction, M passing behind and W passing in front
3-4	Repeat pattern of meas 1-2

Presented by Roberto Bagnoli

ŞAVŞAT

(Turkey)

A Turkishs dance from the program of Caspar Bik. *Şavşat* is a town a district of Artvin Province in the Black Sea Region.

Music: CD: Ethnic Journey 2016 - Roberto Bagnoli
Rhythm: 5/8 counted as 1, 2
Formation: Circle, facing centre, holding arms, palm facing down

Measure	Description
1-4	Introduction. No action.
	1. Figure 1
1	Step on R to R lifting L in front (1), bounce on R, kicking softly L in front (2), swinging arms to R
2	Repeat pattern of meas 1 with opposite foot
3	Repeat pattern of meas 1
4	Touch L forward (1), bounce on R, kicking softly L in front (2), arms stay to R
5-8	Repeat pattern of meas 1-4 four more times
9-16	Repeat pattern of meas 1- 8
	2. Figure 2
1	Step on R to R (1), step on L crossed behind R (2), swinging arms to R and L
2	Repeat pattern of meas 1
3-4	Repeat pattern of Fig 1, meas 3-4
5-8	Repeat pattern of Fig 1, meas 5-8
9-16	Repeat pattern of meas 1- 8

Presented by Roberto Bagnoli

SIRBA DE LA MANTA

(Romania, Besarabia)

From a village on River Prut. Dance by Theodor Vasilescu.

Music: CD: Ethnic Festival 2014 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed lines, facing ctr, holding hands in W pos

Measure	Description
1-4	Introduction. No action.
	1. Figure 1
1	Step on L across in front of R (1), bounce on L (2)
2	Moving sdwd in LOD: step on R to R (1), step on L next to R (2)
3	Step on R to R (1), bounce on R (2)
4	Step on L across behind of R (1), bounce on L (2)
5-6	Repeat pattern of meas 2-3
7-12	Repeat pattern of meas 1-6
13	Bringing L shoulder to the center, step with L to the center (1), step on R next to L (&), step on L in place
14	Repeat pattern of meas 13 with opp ftwk and direction bkwd out of ctr
15	Step on L to L (1), stamp R next to L (2)
16	Step on R to R (1), stamp L next to R (2)
17-32	Repeat pattern of meas 1-16
	2. Figure 2
1	Leap on L to L, lifting R in front of L (1), hold (2)
2	Jump on both feet apart (1), jump on both feet together (2)
3	Moving sdwd in LOD: step on R to R (1), step on L across behind of R (2)
4	Step on R to R (1), bounce on R (2)
5	Moving sdwd in LOD: step on R to R (1), step on L across in front of R (2)
6	Step on R to R (1), bounce on R (2)
7	Moving sdwd in LOD: step on R to R (1), step on L next to R (2)
8	Step on R to R (1), bounce on R (2)
9-32	Repeat pattern of meas 1-8 three more times
	3. Figure 3
1	Step on L-R-L fwd twd ctr (1&2)
2	Step on R-L-R fwd twd ctr (1&2)
3	Leap fwd on L (1), stamp R next to L (2)
4	Hold (1-2)
5	Jump on both feet apart (1), jump on both feet together (2)
6	Leap on L to L (1), stamp R next to L (2)
7	Step on R bkwd (1), step bkwd (2)

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8	Step on R bkwd (1), stamp L next to R (2)
9-16	Repeat pattern of meas 1-8
17	Step on L fwd twd ctr (1), step on R fwd (2)
18	Step on L fwd twd ctr (1), bounce on L (2)
19-20	Repeat pattern of meas 17-18 with opp ftwk and direction bkwd out of ctr
21	Step on L-R-L to L (1&2)
22	Repeat pattern of meas 21 with opp ftwk and direction
23	Step on L to L (1), stamp R next to L (2)
24	Step on R to R (1), stamp L next to R (2)
25-32	Repeat pattern of meas 17-24

Sequence of the dance Fig. 1 - Fig. 2 - Fig. 3
 Fig. 1 - Fig. 2 - Fig. 3 (meas 1-16)

ŠUNEN ROMALEN

(Macedonia)

Macedonia, Rom. *Listen Rom*. Women dance based on the dance style of the gypsies living in the old town of Skopje. Choreography by Ben Koopmanschap

Music: CD: Ethnic Festival 2014 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed lines, facing ctr, holding hands in V pos

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Step on R to R (1), step on L (2)
2	Step on R to R facing ctr(1), step on L across behind R (2)
3	Step on R to R, turning to face diag L and bending knees (1), bounce twice on both knees (2&)
4	Step on L in place, turning to face diag R and bending knees (1), bounce twice on both knees (2&)
5-16	Repeat pattern of meas 1-4 three more times
	2. Figure 2
1	Step on R to R, raising arms (1), step on L (2)
2	Step R to R, facing ctr (1), step on L across behind R (2), step on L in place (&)
3	Repeat pattern of meas 2 with opp ftwk and direction
4	Step on R to R, arms sway to R (1), step on L across in front of R, arms sway to L (&); Repeat pattern of counts 1& (2&)
5-6	Repeat pattern of meas 2-3
7-8	Repeat pattern of meas 4 three more times , making a complete turn to L in place. Close R next to L
9	Hold: no action
10 -16	Repeat pattern of meas 2-8
	3. Figure 3
1	Turning to face diag R, step on R fwd (1), step on L (2)
2	Step on R fwd (1), step on L next to R (2), step on R fwd (&)
3	Step on L to L, turning to face diag L (1), step R to R (2), step on L across in front of R (&)
4	Moving bkwd diag R, step on R (1), step on L (2)
5	Still moving bkwd, step on R (1), step on L next to R (2), step on R bkwd (&)
6	Step on L to L (1), step R to R, turning to face diag R (2), step on L across in front of R (&)
7-24	Repeat pattern of meas 1-6 three more times
N.B.	First time through the dance, you don't have to dance meas 23-24

Presented by Roberto Bagnoli

4. Figure 4

- 1 Step on R to R, raising arms (1), step on L across behind R (2), step on L in place (&)
- 2 Repeat pattern of meas 1 with opp ftwk and direction
- 3 Step on R to R, arms sway to R (1), step on L across in front of R, arms sway to L (&); Repeat pattern of counts 1& (2&)
- 4 Repeat pattern of meas 1
- 5-8 Repeat pattern of meas 1-4 with opp ftwk and direction

Words to the song

Ika ja java si but Roma

A kara venpes sostar nj djanav

Soske garavenpes, sosi o Roma

Kana si o manuša, po da starau me

Šunen Romalen, šunen pralalen

So gilawawa kaja gili

Šunen Romalen, šunen pralalen

But manuša amenge gilaven,
ek gilija bistarjom

Šunen Romalen...

Šunen Roma, šunen Romalen,
Ja mare gila amen lačiḃe

Šunen Romalen...

VENDEGKÜLDŐ

(Hungary)

The tune to this dance is played by the hungarian band Karikás Együttes. The dance is made by Marc Bout with traditional steps from the Dunantul area, the part of Hungary west of the Danube.

Music: CD: Ethnic Festival 2014 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed lines, facing ctr, holding hands in V pos

Measure	Description
1-4	Introduction. No action.
	1. Figure 1
1	Step on R fwd twd ctr (1), bounce on R extending L leg to L (2)
2	Repeat pattern of meas 1 with opp ftwk
3	Step on R fwd twd ctr (1), step on L (2)
4	Repeat pattern of meas 1 with opp ftwk
5-8	Repeat pattern of meas 1-4 with opp ftwk and direction bkwd out of ctr
9-16	Repeat pattern of meas 1-8
17	Leap on R across in front of L, knee bent (1), step on L to L (&), leap on R across in front of L, knee bent (2), step on L to L (&)
18-23	Repeat pattern of meas 17 six more times
24	Leap on R across in front of L, knee bent (1), step on L to L (&), jump on both feet together (2)
25-32	Repeat pattern of meas 1-8
33-40	Repeat pattern of meas 17-24
41-48	Repeat pattern of meas 1-8
49-54	Repeat pattern of meas 17-24
55-62	Repeat pattern of meas 1-8
63	Step on R fwd twd ctr (1), bounce on R extending L leg to L (2)
64	Repeat pattern of meas 1 with opp ftwk
65	Step on R bkwd out of ctr (1), bounce on R extending L leg to L (2)
66	Step on L bkwd out of ctr bending knees (1), stretch the knees in place, lifting R toe and leaving R heel to the ground (2)
	2. Figure 2
1	Step on R to R (1), close L next to R (2)
2	Repeat pattern of meas 1 with opp ftwk
3	Repeat pattern of meas 1
4	Step on L to L (1), step on R across in front of L (2)
5	Step on L to L (1), close R next to L (2)
6	Step on R to R (1), close L next to R (2)
7-12	Repeat pattern of meas 4-6 two more times

Presented by Roberto Bagnoli

- 13 Step on L-R in RLOD (1-2)
- 14 Turning to face centre step on L to L (1), step on R across in front of L (&), step on L in place (2)
- 15 Step on L to R (1), hop on R lifting L behind R calf (2)
- 16-24 Repeat pattern of meas 13-15 **three** more times
- 25-26 Repeat pattern of meas 13-14
- 27 Repeat pattern of meas 26 with opp ftwk
- 28-36 Repeat pattern of meas 25-27 **three** more times
- 37 Step on L-R in RLOD (1-2), lifting both arms to the centre
- 38 Step on L (1), brush R (2)
- 39 Repeat pattern of meas 38 with opp ftwk
- 40-48 Repeat pattern of meas 37-39 **three** more times
- 49-72 Repeat pattern of meas 13-36
- 73 Step on L-R in RLOD (1-2)
- 74 Jump on both heels together, lifting toes (1), step on L in place (2)
- 75 Turning to face centre step on R to R (1), step on L across in front of R (&), step on R in place (2)
- 76-84 Repeat pattern of meas 73-75 **three** more times
- 85-96 Repeat pattern of meas 13-24
- 97-102 Repeat pattern of meas 37-42 towards centre
- 103-108 With L-R-L (1&2) and R-L-R (1&2) (three times) make three turns to L moving bkwd
- 109 Step on L-R-L (1&2) to L clapping hands three times
- 110 Repeat pattern of meas 109 with opp ftwk
- 111-112 Repeat pattern of meas 109 -110
- 113 Step on L-R fwd twd ctr (1-2)
- 114 Step on L-R-L fwd twd ctr (1&2)

ZABOLELA DUNINA GOLOVKA

(Russia)

The dance is set to a humoristic folk song from central Russia (Moscow area). It is arranged by Hennie Konings on the basis of a choreography by Tatyana Ustinova, former choreographer of the Pyatnitskiy Folk Ensemble from Moscow. It was first presented in 1997 at a seminar in Mauloff, Germany.

Music: CD: Ethnic Festival 2018 - Roberto Bagnoli
Rhythm: 4/4
Formation: Cpls in a circle, M on the L, V-pos, facing ctr

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	4 steps RLRL fwd twd ctr (1-4)
2	2 stamped double-steps RLR (1&2), LRL (3&4) in place
3	4 steps RLRL bkwd (1-4)
4	Repeat action of meas 2
5	Turn 1/4 to face ptr (M to the R, W to the L), while extending arms (arm with ptr high twd outside of circle, arms in the back low twd inside of the circle) to establish a 'star' formation.
	3 steps RLR (1-3) moving in LOD, M fwd and W bkwd, stamp L (4)
6	Repeat pattern of meas 5, moving in LOD, with opposite foot (3 steps LRL, stamp R)
7	Quick half turn (M to the L, W to the R) to end back-to-back with ptr and facing corner, change arms to form new star, outside arms always up, and inside arms low.
	Repeat pattern of meas 5, moving in LOD, M bkwd and W fwd
8	Repeat pattern of meas 6, moving in LOD, M bkwd and W fwd
9	Quick half turn (M to the R, W to the L) to end facing ptr again, release hands. All do 3 steps RLR (1-3) diag to the R (M moving outwd, W inwd), stamp L twice next to R (&4)
10	All do 3 steps LRL (1-3) diag to the L (M moving inwd, W outwd), ending in line back-to-back with ptr and facing 'new' ptr, stamp R twice next to L (&4)
11	Repeat steps of meas 9 in place while all turn half to the R end facing 'old' ptr.
12	Repeat steps of meas 10 in place while all turn half to the L end facing 'new' ptr.

Presented by Roberto Bagnoli

Lyrics

Zabolela Dunina golovka

Priпев:

Mamasha moya

Bladodetelnitsa

A ya dochka tvoya

Razoritelnitsa

Vot te greben, vo te lyon

Vot te sorok veretyon

Posidi popryadyvay

Na menya poglyadyvay

Otchego zhe ona zabolela

Iz-za morya vina zakhotela

Dunya's head hurt

Refrain:

My dear mother

My beneficiary

Me, your daughter

Is ruining you

Here is a hairbrush, and flax

Here are forty spindles

Keep spinning

Look at me now and then

Why does she have a headache

She wanted to have wine from overseas