



Syllabus of Dance Descriptions

Viviana Enrique Acosta – Mexican Dances
Yuliyán Yordanov – Bulgarian Dances

Statewide 2009 Folk Dance Festival – San Diego

Statewide 2009

Presented by Viviana Enrique Acosta

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Presented by Yuliyán Yordanov

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**El Cupido
Veracruz**

6	6 Brush Carrera Combo	2 Enter, 4, ¼ TURN w/ Partner
	1, 2, 3-1, 2, 3-1, 2, 3-1, 2, 3- 1, 2, 3- 1, 2, 3-1, Y2, Y3, Y4, 5 R, L, L-L, R, R- R, L, L- L, R, R- R, L, L- L, R, R - R, LL, RR, LL, R STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN- STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN- STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN- STAMP, STAMP STAMP, STAMP STAMP, STAMP STAMP, STAMP	
2	4 Carrera Combo	X w/Partner & Return
	1, Y2, Y3, Y4, 5-1, Y2, Y3, Y4, 5-Y1, Y2, Y3, Y4, 5-Y1, Y2, 3, 4 R, LL, RR, LL, R- R, LL, RR, LL, R- R, LL, RR, LL, R-RL, LR, R, L STAMP, STAMP STAMP, STAMP STAMP, STAMP STAMP, STAMP- STAMP, STAMP STAMP, STAMP STAMP, STAMP STAMP, STAMP- STAMP, STAMP STAMP, STAMP STAMP, STAMP STAMP, STAMP- STAMP SIDE STAMP SIDE, STAMP SIDE STAMP SIDE, STAMP, STAMP	
4	Fast Stamp Brush Side Combo	X w/ Partner & Return
	1, 2, 3-1, 2, 3-1, 2 - 1, 2, 3-1, 2, 3-1, 2 - 1, 2, 3-1, 2, 3-1, 2 - Y1, Y2, 1, 2 R, L, L-L, R, R-RL- R, L, L-L, R, R, RL-R, L, L-L, R, R-RL - RL, LR, R, L STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN- STAMP, STAMP - STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, STAMP - STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, STAMP - STAMP SIDE STAMP SIDE, STAMP SIDE STAMP SIDE, STAMP, STAMP	
4	4 Carrera Combo	Circle Right, Circle Left w/Partner
	1, Y2, Y3, Y4, 5-1, Y2, Y3, Y4, 5-Y1, Y2, Y3, Y4, 5-Y1, Y2, 3, 4 R, LL, RR, LL, R- R, LL, RR, LL, R- R, LL, RR, LL, R-RL, LR, R, L STAMP, STAMP STAMP, STAMP STAMP, STAMP STAMP, STAMP- STAMP, STAMP STAMP, STAMP STAMP, STAMP STAMP, STAMP-	

	STAMP, STAMP STAMP, STAMP STAMP, STAMP STAMP, STAMP-STAMP SIDE STAMP SIDE, STAMP SIDE STAMP SIDE, STAMP, STAMP	
2	Fast Stamp Brush Combo	w/Partner
	<p>1, 2, 3-1, 2, 3-1, 2 - 1, 2, 3-1, 2, 3-1, 2 - 1, 2, 3-1, 2, 3-1, 2 - Y1, Y2, 1, 2</p> <p>R, L, L-L, R, R-RL- R, L, L-L, R, R, RL-R, L, L-L, R, R-RL - RL, LR, R, L</p> <p>1, 2, 3-1, 2, 3-1, 2 - 1, 2, 3-1, 2, 3-1, 2 - 1, 2, 3-1, 2, 3-1, 2 - Y1, Y2, 1, 2</p> <p>R, L, L-L, R, R-RL- R, L, L-L, R, R, RL-R, L, L-L, R, R-RL - RL, LR, R, L</p> <p>STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, STAMP - STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, STAMP - STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, STAMP - STAMP SIDE STAMP SIDE, STAMP SIDE STAMP SIDE, STAMP, STAMP</p>	
4	6 Brush Carrera Combo	4 Cross, 4 Return
	<p>1, 2, 3-1, 2, 3-1, 2, 3-1, 2, 3- 1, 2, 3- 1, 2, 3-1, Y2, Y3, Y4, 5</p> <p>R, L, L- L, R, R- R, L, L- L, R, R- R, L, L- L, R, R - R, LL, RR, LL, R</p> <p>STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, BRUSH OUT, BRUSH IN-STAMP, STAMP STAMP, STAMP STAMP, STAMP STAMP, STAMP</p>	

El Cupido
Mexico – Veracruz

This courting dance is flirtatious in nature with looking backward at partner as each dancer revs up the momentum with huachapeado footwork. The verses ask for the assistance of Cupid in the area of love, asking for Cupid's hand.

Pronunciation: el CU-pi-do

Translation: Cupid

Music: El Cupido on the Viviana Acosta Statewide CD

Formation: Men and women in couples with the man standing behind and slightly to the left of the woman. The woman can hold a fan in her right hand and hold her skirt with her left hand. The man has both hands held down at his side. Men may wear a traditional Veracruz hat.

Meter: 3/4

Measure: Pattern
Introduction. No action.

I. Brush Carrera Combination

Men and woman use same footwork. Woman moves skirt with music.
Woman looks over left shoulder at her partner during the pattern.

1 Step on R (ct 1), brush with L fwd (ct 2), brush with L back to place (ct 3)

2 Step on L (ct 1), brush with R fwd (ct 2), brush with R back to place (ct 3)

3-6 Repeat meas 1-2 three times (total of 6 brush steps)

7-8 Step on R (ct 1) stamp on L (ct +) step on L (ct 2)

Stamp on R (ct +), step on R (ct 3)

Stamp on L (ct +), step on L (ct 4)

Stamp on R (no weight) (ct 5)

Pause (ct 6)

9 - 16 Repeat meas 1-8 with man behind and slightly to left of woman

17- 48 Repeat meas 1-8 four times but on last stamp both man and woman turn
¼ CW. This means:

First time: woman in front of man, second time: woman to left of man

Third time: man in front of woman, fourth time: man to left of woman

II. Carrera Combo

Face partner and move toward partner with same footwork, passing right
shoulders

1-2 Step on R (ct 1) stamp on L (ct +) step on L (ct 2)

Stamp on R (ct +), step on R (ct 3)

Stamp on L (ct +), step on L (ct 4)

Stamp on R (ct 5) (no weight)

Pause (ct 6)

3-6 Repeat two times (total of 3 carrera)

7-8 Step R to side (ct 1-2)

Stamp L to side (ct +), step L to side (ct 3)

Stamp R to side (ct +), step R to side (ct 4)

Step L (ct 5)
Pause (ct 6)
During this measure turn 180 degrees CW to face partner

9 -16 Repeat meas 1-8 moving toward partner, passing right shoulders and turning 270 degrees CW at the end so woman is in front of man.

III. Fast Stamp Brush Side Combo

The woman holds up her skirt in front of her to show her feet and looks over her left shoulder at her partner during this pattern.

1-2 Step on R (ct 1), brush L forward (ct +), brush L back to place (ct 2)
Step on L (ct 3), brush R forward (ct +), brush R back to place (ct 4)
Step R, (ct 5) step L (ct 6)

3-6 Repeat meas 1-3 two times

7-8 Step R to side (ct 1-2)

Stamp L to side (ct +), step L to side (ct 3)

Stamp R to side (ct +), step R to side (ct 4)

Step L (ct 5)

Pause (ct 6)

9-32 Repeat this pattern three times.

First time: woman in front of man, second time: woman to left of man

Third time: man in front of woman, fourth time: man to left of woman

IV. Carrera Combo

Repeat pattern II

V. Fast Stamp Brush Combo

Repeat pattern III but on ct 5 can step backward on R foot.

VI. Brush Carrera Combo

Repeat meas 17 - 48 of pattern I

First time: woman in front of man, second time: woman to left of man

Third time: man in front of woman, fourth time: man to left of woman

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from dance notes submitted by the master teacher. Where there are questions, please refer to the teacher's original notes or the teacher's DVD.

**El Fandango Jarocho
Veracruz**

4	3 Stamps, 3 Moon Walk	Enter w/Partner
	1, 2, 3 - 1, 2, 3 - 1, 2, 3 - 1, 2, 3... R, R, R - R, L, R - L, L, L - L, R, L... STAMP, STAMP, STAMP - MOON WALK, MOON WALK, MOON WALK STAMP, STAMP, STAMP - MOON WALK, MOON WALK, MOON WALK	
8	Kick, Kick, Cross	w/Partner
	Y, 1, 2, 3 - Y, 1, 2, 3 R, L, R, L - L, R, L, R KICK, KICK, KICK IN - OUT KICK, KICK, KICK IN	
8	Kick, Kick, Cross	4 Cross, 4 Return
	Y, 1, 2, 3 - Y, 1, 2, 3 R, L, R, L IN - L, R, L, R IN OUT KICK, KICK, KICK IN - OUT KICK, KICK, KICK IN	
2	Zapateado Combo	Circle Right, Circle Left w/Partner
	1, 2, 3, Y, 1, 2-1, 2-1, 2, Y, 1, 2-1,2-1, 2, Y, 1, 2-1, 2-1, 2, Y R, L, R, R, LL-RR-LL, L, RR-LL-RR, R, LL-RR-LL, L STAMP, STAMP, STAMP, BACK HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL	
8	Kick, Kick, Cross	w/Partner
	Y, 1, 2, 3 - Y, 1, 2, 3 R, L, R, L - L, R, L, R OUT KICK, KICK, KICK IN - OUT KICK, KICK, KICK IN	
8	Kick, Kick, Cross	4 Cross, 4 Return
	Y, 1, 2, 3 - Y, 1, 2, 3 R, L, R, L - L, R, L, R OUT KICK, KICK, KICK IN - OUT KICK, KICK,	

	KICK IN	
2	Zapateado Combo	Circle Right, Circle Left w/Partner
	1, 2, 3, Y, 1, 2-1, 2-1, 2, Y, 1, 2-1,2-1, 2, Y, 1, 2-1, 2-1, 2, Y R, L, R, R, LL-RR-LL, L, RR-LL-RR, R, LL-RR-LL, L STAMP, STAMP, STAMP, BACK HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL	
8	3 Moon Walk	4 Circle R, 4 Circle L
	1, 2, 3 - 1, 2, 3 R, L, R - L, R, L MOON WALK, MOON WALK, MOON WALK - MOON WALK, MOON WALK, MOON WALK	
4	3 Moon Walk	4 Circle R w/ Partner & Face
	1, 2, 3 - 1, 2, 3 R, L, R - L, R, L MOON WALK, MOON WALK, MOON WALK - MOON WALK, MOON WALK, MOON WALK	
4	Fred Astair	Side R, L, R, L
	1, 2, 3, 4 - 1, 2, 3, 4 R, L, R, L - L, R, L, R SIDE STEP, X STEP FRONT, SIDE STEP, TOUCH STEP	
2	Zapateado Combo	Circle Right, Circle Left w/Partner
	1, 2, 3, Y, 1, 2-1, 2-1, 2, Y, 1, 2-1,2-1, 2, Y, 1, 2-1, 2-1, 2, Y R, L, R, R, LL-RR-LL, L, RR-LL-RR, R, LL-RR-LL, L STAMP, STAMP, STAMP, BACK HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL	
8	3 Moon Walk	4 Circle R, 4 Circle L
	1, 2, 3 - 1, 2, 3	

	R, L, R - L, R, L MOON WALK, MOON WALK, MOON WALK - MOON WALK, MOON WALK, MOON WALK	
4	3 Moon Walk	4 Circle R w/ Partner & Face
	1, 2, 3 - 1, 2, 3 R, L, R - L, R, L MOON WALK, MOON WALK, MOON WALK - MOON WALK, MOON WALK, MOON WALK	
4	Fred Astair	Side R, L, R, L
	1, 2, 3, 4 - 1, 2, 3, 4 R, L, R, L - L, R, L, R SIDE STEP, X STEP FRONT, SIDE STEP, TOUCH STEP	
2	Zapateado Combo	Circle Right, Circle Left w/Partner
	1, 2, 3, Y, 1, 2-1, 2-1, 2, Y, 1, 2-1,2-1, 2, Y, 1, 2-1, 2-1, 2, Y R, L, R, R, LL-RR-LL, L, RR-LL-RR, R, LL-RR-LL, L STAMP, STAMP, STAMP, BACK HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL	
40	Carrera	Big Circle
	1, 2-1, 2-1, 2 ... RR-LL-RR...	
40	Carrera	Accent Circle w/Partner
	1, 2-1, 2-1, 2... RR-LL-RR	
2	Zapateado Combo	Circle Right, Circle Left w/Partner
	1, 2, 3, Y, 1, 2-1, 2-1, 2, Y, 1, 2-1,2-1, 2, Y, 1, 2-1, 2-1, 2, Y R, L, R, R, LL-RR-LL, L, RR-LL-RR, R, LL-RR-LL, L STAMP, STAMP, STAMP, BACK HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP STAMP, HEEL, STAMP STAMP-STAMP STAMP-STAMP	

	STAMP, HEEL	
8	Kick, Kick, Cross	4 Cross, 4 Return
	Y, 1, 2, 3 - Y, 1, 2, 3 R, L, R, L - L, R, L, R OUT KICK, KICK, KICK IN - OUT KICK, KICK, KICK IN	
8	Kick, Kick, Cross/Point	w/Partner
	Y, 1, 2, 3 - Y, 1, 2, 3 R, L, R, L - L, R, L, R OUT KICK, KICK, KICK IN - OUT KICK, KICK, KICK BACK POINT	
1	Remate	Together
	1, 2, 3, Y, 1, 2 - 1, 1 R, L, R, R, LL - R, L STAMP, STAMP, STAMP, STAMP STAMP - STAMP, STAMP	

El Fandango Jarocho
Mexico - Veracruz

The term fandango refers to a rompous party or gathering which in this case is with music and dancing. The fandango can often last all night long with singers and dancers improvizing in dance steps and verses as well as arrangements. The style Jarocho refers to the southern area of Veracruz with Indigenous, European, Asian and African influences in both the rhythmic patterns in music and dance.

The verses speak of what generally occurs at a fandango including the type of food present.

Pronunciation: el FAN-dan-go JA-rocho

Translation: Dance party

Music: El Fandango Jarocho on the Viviana Acosta Statewide CD.

Formation: Couples start side-by-side with the man to the left of the woman. The woman can hold an open fan in her right hand and hold her skirt with her left hand. The man holds both hands down at his side. Men may wear a traditional Veracruz hat.

Meter: 4/4

Measure: Pattern
Introduction. No Action...approximately 6 count

- I. 3 Stamps and 3 Moon Walk
- 1-2 Begin with weight on left foot. Both use same footwork.
Stamp with R three times slightly forward and pause (ct 1-4)
Draw R backward (and turning slightly to LOD) (ct 5)
Draw L backward (and turning slightly to RLOD) (ct 6)
Draw /slide R backward (and turning slightly to LOD) (ct 7)
take weight on R (ct 8)
- 3-4 Repeat meas 1-2 with opposite footwork
- 5-8 Repeat meas 1-4
- II. Kick, kick, cross with partner
- There is a slight body motion turning slightly to right and left during this pattern and the woman can make a figure eight with her skirt held in her L hand.
- 1 Draw R and extend/kick L leg in front (ct 1)
Draw L and extend/kick R leg in front (ct 2)
Draw R and extend/kick L leg to left side (ct 3)
Bend L knee and bring left leg in toward standing R leg (ct 4)
- 2 Repeat meas 1 with opposite footwork
- 5-8 Repeat meas 1-2 three times.
- III. Kick, Kick, Cross
- 1-8 Repeat pattern II but change places with partner as both move in

small CW circle.

- IV. Zapateado combo
Woman closes her fan and holds her skirt. Couples turn right shoulders toward each other.
- 1-4 With right shoulders facing and beginning to move CW,
Step on R (ct 1), step on L (ct 2), step on R (ct 3), slight lift on R (ct 4)
Stamp L with no weight (ct +), stamp on L with weight (ct 5)
Stamp R with no weight (ct +), stamp on R with weight (ct 6)
Stamp L with no weight (ct +), stamp on L with weight (ct 7)
Lift and lower L heel (ct +8)
Stamp R with no weight (ct +), stamp on R with weight (ct 9)
Stamp L with no weight (ct +), stamp on L with weight (ct 10)
Stamp R with no weight (ct +), stamp on R with weight (ct 11)
Lift and lower R heel (ct +12)
Stamp L with no weight (ct +), stamp on L with weight (ct 13)
Stamp R with no weight (ct +), stamp on R with weight (ct 14)
Stamp L with no weight (ct +), stamp on L with weight (ct 15)
Lift and lower L heel (ct +16) and turn so that left shoulders are facing
- 5-8 Repeat meas 1-4 turning CCW
- V. Kick, kick, cross with partners side to side (next to each other)
Repeat Pattern II.
- VI. Kick, Kick, cross
Repeat Pattern III changing places.
- VII. Zapateado combo (as a couple)
Repeat pattern IV
- VIII. Moon Walk
Man takes off hat and holds it in left hand above head.
- 1 Draw R backward (and turning slightly to LOD) (ct 5)
Draw L backward (and turning slightly to RLOD) (ct 6)
Draw /slide R backward (and turning slightly to LOD) (ct 7)
Take weight on R (ct 8)
During this measure, the man and the woman as individuals in a CW circle.
- 2 Repeat meas 1 with opposite footwork but continuing to turn individually in a CW circle.
- 3-4 Repeat meas 1-2 continuing to turn individually in a CW circle.
- 5-8 Man changes hat to other hand and repeat meas 1-4 but man and woman turn as individuals in a CCW circle
- IX. Moon Walk

- 1-8 Repeat pattern VIII with both man and woman moving first in a CW circle, (they are often back to back) and then in a CCW circle
- X. Fred Astaire step
Face partner and each will move to their own right with slight shoulder shaking.
- 1 Step on R to right side (ct 1)
Step on L across and in front of R to the right (ct 2)
Step on R to right side (ct 3)
Touch L toe to left side (ct 4)
- 2 Step on L to left side (ct 1)
Step on R across and in front of L to the left (ct 2)
Step on L to left side (ct 3)
Touch R toe to right side (ct 4)
- 3-4 Repeat meas 1-2
- XI. Zapateado combo
Repeat pattern IV
- XII. Moon Walk
Repeat pattern VIII
- XIII. Moon Walk
Repeat pattern IX
- XIV. Fred Astaire step
Repeat pattern X.
- XV. Zapateado Combo
Repeat pattern IV
- XVI. Carrera or running doubles
Both man and woman move in a CW circle, one behind the other.
Loud and forceful stamp on R in LOD (no weight) (ct +)
Step onto R to LOD (ct 1)
Loud and forceful stamp on L to right (no weight) (ct +)
Step onto L in LOD (ct 2)
Repeat approximately 20 times ?
- XVII. Carrera or running doubles
Woman closes fan and holds skirt in each hand. Man raises his hat.
Each turns individually with the Carrera step (pattern XVI)
Focus or spot to keep from getting dizzy
- XVIII. Zapateado combo
Repeat pattern IV
- XIX. Kick, kick, cross with partner

Repeat pattern II.

XX. Kick, Kick, cross
Repeat pattern III.

XXI. Remate

Loud forceful step on R in LOD (ct 1)

Loud forceful step on L in LOD (ct 2)

Loud forceful stamp on R in LOD with no weight (ct 3)

Pause (ct 4)

Loud forceful step on R in LOD (+)

Loud forceful step on L (ct 1)

Loud forceful step on R (ct 2)

Loud forceful step on L (ct 3)

Pause (ct 4)

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from dance notes submitted by the master teacher. Where there are questions, please refer to the teacher's original notes or the teacher's DVD.

**El Huarachazo
Chihuahua**

16	Huarachazo Heel Twist	X w/Partner
	Y1, Y2, Y3... RL, LR, RL... STEP HEEL TWIST, STEP HEEL TWIST, STEP HEEL TWIST...	
3	Side Back	w/Partner
	1, 2-Y1, 2, 3-1, 2-1, 2, 3 R, L-LL, R, L-R, L-R, L, R STAMP SIDE, STAMP SIDE-STAMP STAMP, STAMP STAMP- STEP BACK, STEP FRONT-STAMP, STAMP, STAMP	
16	Huarachazo Heel Twist	X w/Partner
	Y1, Y2, Y3... RL, LR, RL... STEP HEEL TWIST, STEP HEEL TWIST, STEP HEEL TWIST...	
8	In Out Heel Toe	Circle w/Partner
	1, 2, 3, 4, 5, 6, 7, 8 L, L, L, L, L, L, L, L (alt) STAMP IN, STAMP OUT, STAMP IN, STAMP OUT, STAMP IN, STAMP OUT, HEEL, X OVER POINT	
16	Huarachazo Heel Twist	X w/Partner
	Y1, Y2, Y3... RL, LR, RL... STEP HEEL TWIST, STEP HEEL TWIST, STEP HEEL TWIST...	
3	Side Back	w/Partner
	1, 2-Y1, 2, 3-1, 2-1, 2, 3 R, L-LL, R, L-R, L-R, L, R STAMP SIDE, STAMP SIDE-STAMP STAMP, STAMP STAMP- STEP BACK, STEP FRONT-STAMP, STAMP, STAMP	
16	Huarachazo Heel Twist	X w/Partner
	Y1, Y2, Y3... RL, LR, RL... STEP HEEL TWIST, STEP HEEL TWIST, STEP HEEL TWIST...	

El Huarachazo
Mexico – Chihuahua

The huarache or Mexican sandal is where the name of this dance comes from. Now it is a cowboy boot for the men and an Adelita type lace up or button boot for the women. The twisting of the foot and the upper body accenting the music adds coquettishness to the dance.

Pronunciation: el UA-ra-cha-zo
Translation: The sandal footwork
Music: El Huarachazo on the Vivian Acosta Festival CD or Chihuahua traditional or Sinaloa traditional or Sonora traditional. Origin disputed.

Formation: Couples with man and woman facing each other. Women have their fists on their waists with fingers facing back, and men have their thumbs in their belt buckle.

Meter: 4/4

Measure: Pattern
Introduction. No action.

- I. Huarachazo Heel Twist
Men and women use the same foot. Upper body twists as heel twists.
 - 1 Step on R to right and extend L heel in front with toe pointing to right (ct 1) and twist L heel to left (ct +) and right (ct 2)
Step on L to left and extend R heel in front with toe pointing to left (ct 3) and twist R heel to right (ct +) and left (ct 4)
 - 2-4 Repeat count 1-4 three times.
Total of 4 times making a complete circle CW

- II. Side Back
Face partner. Take hand hold same as for Mi Reyna. Man's left hand holds woman's right. Woman's left hand is on man's upper left arm. Man and woman use opposite footwork. Steps given for woman. Man uses opposite footwork.
 - 1-2 Loud step on R with weight to right (ct 1)
Stamp with no weight on L to left (ct 2)
Stamp with L (ct +), Step on L to L (ct 3)
Step on R with weight (ct +), step on L with weight (ct 4)
Step backward on R (ct 5) and lean away from partner holding both hands
Step forward onto L (ct 6)
Stamp with weight onto R, L, R (ct 7+8)
 - 3-6 Repeat meas 1-2 two times (total of 3times)

- III. Huarachazo Heel Twist
Repeat pattern I making 2 complete circles CW

- IV. In Out Heel Toe
Men and women use opposite footwork. Keep same arm formation
But leave enough space between partners so you don't kick each
other. Steps given for woman. Man uses opposite footwork.

 - 1-2 Quick leap onto R (ct +)
Stamp L diagonally right with toe pointing to R (no weight) (ct 1)
Stamp L diagonally left with toe pointing to L (no weight) (ct 2)
Stamp L diagonally right with toe pointing to R (no weight) (ct 3)
Stamp L diagonally left with toe pointing to L (ct 4)
Stamp L diagonally right with toe pointing to R (ct 5)
Stamp L diagonally left with toe pointing to L (ct 6)
Touch L heel to left side (ct 7)
Tuck and point L toe downward on floor across right foot (ct 8)
 - 3-4 Repeat reversing footwork
 - 5-8 Repeat meas 1-4
 - 9-12 Repeat meas 1-4 moving in a complete circle CW

- V. Huarachazo Heel Twist
Repeat pattern I making 2 complete circles CW

- VI. Side Back
Repeat pattern II

- VII. Huarachazo Heel Twist
Repeat pattern I making 2 complete circles CW

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**Jesusita en Chihuahua
Chihuahua**

32	Polka Remate	Circle w/Partner
	Y1, 2, 3- Y1, 2, 3... RR, L, R-LL, R, L... STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP STAMP, FRONT HEEL, BACK HEEL...	
2	Out In	w/Partner
	1, 2, 1, 2, 3-1, 2, 1, ,2 ,3-1, 2, 1, 2, 1, 2-1, 2, 3 R, R, R, L, R-L, L, L, R, L-R, R, R, R, R, R-R, L, R (ALT) SIDE HEEL, X OVER POINT, STAMP, STAMP, STAMP- SIDE HEEL, X OVER POINT, STAMP, STAMP, STAMP- SIDE HEEL, X OVER POINT, SIDE HEEL, X OVER POINT, SLIDE, SLIDE, STAMP, STAMP, STAMP	
4	Point Kick	w/Partner
	1, 2, 3, 4, 5, 6-1, 2, 3 R, R, R, R, R, R-R, L, R (ALT) SIDE POINT, SIDE POINT, SIDE HEEL, SIDE HEEL, X OVER POINT, KICK, STAMP, STAMP, STAMP	
8	Front Back Dip Dip	w/Partner
	1Y, 2Y, 3Y, 4Y-1Y, 2Y, 3Y, 4Y RL, RL, RL, RL- RL, RL, RL, RL LUNGE BACK STEP, LUNGE FRONT STEP, LUNGE BACK STEP, LUNGE BACK STEP- LUNGE FRONT STEP, LUNGE BACK STEP, LUNGE FRONT STEP, LUNGE FRONT STEP	
2	Out In Turn	w/Partner w turn
	1, 2, 1, 2, 3-1, 2, 1, ,2 ,3-1, 2, 1, 2, 1, 2-1, 2, 3 R, R, R, L, R-L, L, L, R, L-R, R, R, R, R, R-R, L, R (ALT) SIDE HEEL, X OVER POINT, STAMP, STAMP, STAMP- SIDE HEEL, X OVER POINT, STAMP, STAMP, STAMP- SIDE HEEL, X OVER POINT, SIDE HEEL, X OVER POINT, SLIDE, SLIDE, TURN STAMP, STAMP, STAMP	
32	Polka Sencillo	Circle w/Partner
	1, 2, 1, 2... R, L, R, L STEP, STEP, STEP, STEP...	

32	Polka Remate	Circle w/Partner
	Y1, 2, 3- Y1, 2, 3... RR, L, R-LL, R, L... STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP STAMP, FRONT HEEL, BACK HEEL...	

Jesusita en Chihuahua
Mexico – Chihuahua

This is a signature dance from the region which offer the typical style of Chihuahua dances with body twists, turns and dips.

Pronunciation: he-su-SI-ta en chi-UA-ua

Translation: Jesusita in Chihuahua

Music: Jesusita in Chihuahua on the Vivian Acosta Festival CD or Chihuahua
Traditional

Formation: Couples with man standing to the left of the woman. Their inner hands are joined and raised high in front. The woman's right hand is at her waist and the man's left hand is on his belt buckle.

Meter: Polka

Measure: Pattern

Man and woman use opposite footwork. Steps given for woman.
Man uses opposite footwork.

- I. Polka Remate
 - 1 Stamp R with no weight (ct +)
Step R forward (ct 1)
Step L heel to front (ct +)
Step R backward or in place (ct 2)
(the arms swing from in front to behind couple)
 - 2 Stamp L with no weight (ct +)
Step L forward (ct 1)
Step R heel to front (ct +)
Step L backward or in place (ct 2)
(the arms swing from behind to in front of couple)

Repeat polka facing forward and then making circle CCW and then making circle CW
- II. Out and In
 - 1 Right heel to right side (ct 1)
cross R over left and point right toe downward (ct 2)
step R to right (ct 3)
close L to right foot (+)
step R to right (ct 4)
 - 2 Left heel to left side (ct 1)
cross L over right and point left toe downward (ct 2)
step L to left (ct 3)
close R to the left foot (ct +)
step L to left (ct 4)
 - 3 Right heel to right side (ct 1)
cross R over left and point right toe downward (ct 2)

- Right heel to right side (ct 3)
- Cross R over left and point right toe downward (ct 4)
- 4 Right heel to right side (ct 1)
- Cross R over left and point right toe downward (ct 2)
- step R to right (ct 3)
- Bring L to right foot (ct +)
- step R to right (ct 4)

5-8 Repeat meas 1-4 with opposite footwork and in opposite direction (optional woman can turn under her own right arm on count 3+4 in meas 4)

III. Point Kick

Man and woman use opposite footwork. Steps given for woman.
Man uses opposite footwork.

- 1 Touch right toe to right but with heel extending to right (body twisted) (ct 1)
- Touch right toe to right but with heel extending to right (body twisted) (ct 2)
- Touch right heel to right with toe to right (body twisted) (ct 3)
- Touch right heel to right with toe to right (body twisted) (ct 4)
- 2 Cross R over left and point right toe downward (ct 1)
- Kick R to right (ct 2)
- step R to right (ct 3)
- Bring L to right foot (ct +)
- step R to right (ct 4)
- 3-4 Repeat meas 1-2 with opposite footwork and in opposite direction

IV. Front Back Dip Dip

Man and woman use opposite footwork. Steps given for woman. Man Uses opposite footwork.
Woman's right and man's left hand move with the steps)

- 1 Step backward on R with a lunge (ct 1), step on L in place (ct +)
- Step forward on R with a lunge (ct 2), step on L in place (ct +)
- Step backward on R with a lunge (ct 3), step on L in place (ct +)
- Step backward on R with a lunge (ct 4), step on L in place (ct +)
- 2 Step forward on R with a lunge (ct 1), step on L in place (ct +)
- Step backward on R with a lunge (ct 2), step on L in place (ct +)
- Step forward on R with a lunge (ct 3), step on L in place (ct +)
- Step forward on R with a lunge (ct 4), step on L in place (ct +)
- 3-6 Repeat meas 1-2 two times (total of three times)

V. Out, In, Turn

- 1 While hopping on left leg
- R heel to right side (ct 1)
- cross R over left and point right toe downward (ct 2)

- step R to right (ct 3)
 - close L to right foot (+)
 - step R to right (ct 4)
 - 2 While hopping on right leg
 - L heel to left side (ct 1)
 - cross L over right and point left toe downward (ct 2)
 - step L to left (ct 3)
 - close R to left foot (+)
 - step L to left (ct 4)
 - 3 While hopping on left leg
 - R heel to right side (ct 1)
 - cross R over left and point right toe downward (ct 2)
 - R heel to right side (ct 3)
 - cross R over left and point right toe downward (ct 4)
 - 4 R heel to right side (ct 1)
 - cross R over left and point right toe downward (ct 2)
 - step R to right (ct 3)
 - close L to right foot (+)
 - step R to right (ct 4)
 - Woman turns under man's raised arm
 - while 3 stamping steps with weight (ct 3+4)
 - 5-8 Repeat meas 1-4 with opposite footwork and in opposite direction
- (optional: woman can turn under man's raised arm in each count 3+4 in each of the 4 measures)

VI. Polka Sencillo

Can be done cheek to cheek

- 1 Step R to right (ct 1)
- Step L to left (ct 2)
- Step R to right (ct 3)
- Step L to left (ct 4)

Repeat meas 1 while turning CW as a couple

VII. Polka Remate

Repeat step I

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from dance notes submitted by the master teacher. Where there are questions, please refer to the teacher's original notes or the teacher's DVD.

**La Bamba
Veracruz**

31	Walk	2 Enter, Circle w/ Partner
	1, 2, 3... R, L, R... WALK, WALK, WALK...	
7	Side to Side	w/Partner
	Y1, Y2-Y1, Y2, Y3- Y1, Y2-Y1, Y2, Y3 RL, LR-RL, RL, RL-LR, RL-LR, LR, LR SIDE STEP X STEP, SIDE STEP X STEP-SIDE X, SIDE X, SIDE X- SIDE STEP X STEP, SIDE STEP X STEP-SIDE X, SIDE X, SIDE X	
18	Bamba	X w/ Partner & Return
	Y1, 2, 3, 4-Y1, 2, 3, 4 RR, L, R, R-LL, R, L, L STAMP STAMP, STAMP, STAMP, HEEL- STAMP STAMP, STAMP, STAMP, HEEL	
64	Stamp Stamp or Carrera	Mark time or Pull bow, lay down
	Y1, Y2, Y3... RR, LL, RR... STAMP STAMP, STAMP STAMP, STAMP STAMP 1, 2, Y1, Y2, Y3-1, 2, Y1, Y2, Y3 R, R, RR, LL, RR-L, L, LL, RR, LL STAMP, STAMP, STAMP STAMP, STAMP STAMP, STAMP- STAMP, STAMP, STAMP STAMP, STAMP STAMP, STAMP	
36	Cruzado	X over bow w/Partner
	Y1, Y2, Y3... RL, LR, RL... SIDE STEP X OVER, SIDE STEP X OVER, SIDE STEP X OVER	
8	Side to Side or Make bow	w/Partner
	Y1, Y2, Y1, Y2, Y3- Y1, Y2, Y1, Y2, Y3 RL, LR, RL, RL, RL-LR, RL, LR, LR, LR Heart, Loop 1, Loop 2, Pull tight	

	HEART, LOOP 1, LOOP 2, PULL TIGHT	
5	Back Front Back	w/Partner ¼ turn
	1, 2, 3-1, 2, 3-1, 2, 3-1, 2 R, L, R-L, R, L-R, L, R-L, R L, R, L-R, L, R-L, R, L-R, L BACK STEP, FRONT STEP, BACK STEP-BACK STEP, FRONT STEP, BACK STEP-BACK STEP, FRONT STEP, BACK STEP-BACK STEP, BACK STEP	
18	Bamba	w/Partner w/Bow
	Y1, 2, 3, 4-Y1, 2, 3, 4 RR, L, R, R-LL, R, L, L STAMP STAMP, STAMP, STAMP, HEEL- STAMP STAMP, STAMP, STAMP, HEEL	

La Bamba
Mexico – Veracruz

One of the most universally known rhythms and the basis for many modern day rock songs, La Bamba is a rapid paced dance with the two dancers forming a bow or marriage lasso out of a long ribbon or faja. La Bamba is often offered as part of wedding ceremonies. The song verses speak of the beauty of the bow as a metaphor for the significance of a significant other and the need for grace of character to have a successful union.

Pronunciation: La BAM-ba

Translation: the marriage bow or lasso

Music: La Bamba on the Viviana Acosta Statewide CD

Formation: Men and women in couples.

The woman can hold a fan in her right hand and hold her skirt with her left hand. The man holds both hands down or has one hand on his hat. The man should have a long belt or ribbon around his waist which can be made into a bow on the floor by the dancers working together with their feet.

Meter:

Measure: Pattern

Men and women use same footwork. Since making the bow make take a any length of time, there are no set number of counts or measures in this dance.

I. Walk

Man and woman enter and walk in a small circle CW. The man may raise and lower his hat. The woman may make movements with her skirt held in her left hand. Approximately 31 steps

II. Side to side

Partners are side to side with man on woman's left

Small leap step to R on right foot (ct +)

Point and touch L toe diagonally across right foot (ct 1)

Small leap step to L on left foot (ct +)

Point and touch R toe diagonally across left foot (ct 2)

Step R on right (ct +), step on L diagonally across right foot in LOD (ct 1)

Step R on right (ct +), step on L diagonally across right foot in LOD (ct 2)

Step R on right (ct +), step on L diagonally across right foot in LOD (ct 3)

Transfer weight onto R (ct +)

Small leap step to L on left foot (ct +)

Point and touch R toe diagonally across left foot (ct 1)

Small leap step to R on right foot (ct +)

Point and touch L toe diagonally across right foot (ct 2)

Step L on left (ct +), step on R diagonally across left foot in RLOD (ct 1)

Step L on right (ct +), step on R diagonally across right foot in RLOD (ct 2)

Step L on right (ct +), step on R diagonally across right foot in RLOD (ct 3)
Transfer weight onto L (ct +)

Repeat above pattern

III. Bamba

Stamp with R (ct +), step on R (ct 1),
stamping step on L (ct 2)
stamping stem on R (ct 3),
raise and lower R heel (ct 4)

Stamp with L (ct +), step on L in LOD (ct 1),
stamping step on R (ct 2)
stamping stem on L (ct 3),
raise and lower L heel (ct 4)

Repeat above as man and woman travel CW making a small circle.

IV. Carrera or stamp stamp or double stamp

Stamp R (no weight) (ct 1)
Stamp R (no weight) (ct 2)
Stamp with R (ct +), step on R (ct 1),
Stamp with L (ct +), step on L (ct 1),
Stamp with R (ct +), step on R (ct 1),

Stamp L (no weight) (ct 1)
Stamp L (no weight) (ct 2)
Stamp with L (ct +), step on L (ct 1),
Stamp with R (ct +), step on R (ct 1),
Stamp with L (ct +), step on L (ct 1),

Use this pattern to unwind the man's long belt and lay it on the ground

V. Cruzado

Partners face each other at either end of the belt.

Using the step below the man and woman move forward toward the middle of the belt and then use the step to move backward toward the ends of the belt.

Leap R forward and to right side of belt on right foot. (ct +)
Point and touch L toe diagonally across right foot and the belt (ct 1)
Leap L forward and to left side of belt on left foot (ct +)
Point and touch R toe diagonally across left foot and the belt (ct 2)
Repeat 3 times (total of 4 times) to approach the center of belt

Leap backward R to right side of belt on right foot. (ct +)
Point and touch L toe diagonally across right foot and the belt (ct 1)
Leap backward L to left side of belt on left foot (ct +)

Point and touch R toe diagonally across left foot and the belt (ct 2)
Repeat 3 times (total of 4 times) to back up to the ends of belt

VI. Make bow

The man pushes the belt with his boot/shoe and forms it into a heart. The man puts one rounded part of the heart into the center, and then the woman puts one part of the heart into the center. Then both the man and woman work together to pull the loops into a heart. The man then lifts the bow with the toe of his boot/shoe and the woman holds one part of the bow.

VII. Back, Front, Back

Man woman stand side by side

Reel back on R foot (ct 1)

Step slightly forward on L foot (ct +)

Step forward on R foot to close at the back of the heel of the left foot (ct 2)

Reel back on L foot (ct 3)

Step slightly forward on R foot (ct +)

Step forward on L foot to close at the back of the heel of the right foot (ct 4)

Reel back on R foot (ct 5)

Step slightly forward on L foot (ct +)

Step forward on R foot to close at the back of the heel of the left foot (ct 6)

Reel back on L foot (ct 7)

Reel back on R foot (ct 8)

Repeat above 8 counts reversing footwork

VIII. Bamba

Repeat step III

Man and woman can turn in toward each other under the raised bow and can turn away from each other under the raised bow.

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from dance notes submitted by the master teacher. Where there are questions, please refer to the teacher's original notes or the teacher's DVD.

**La Mazurka
Yucatan**

#OF STEPS	STEP	CHOREOGRAPHIC MOVEMENT
4	4 Waltz, 4 palmados w/ partner	Enter Diagonal
	1, 2, 3 - 1, 2, 3 R, L, R - L, R, L BALL, BALL, BALL - BALL, BALL, BALL	
16	Waltz	Loop & line up, X and return
	1, 2, 3 - 1, 2, 3 R, L, R - L, R, L BALL, BALL, BALL, - BALL, BALL, BALL	
8	X Sencillo, Brush Back Point	Move to Side by Side
	1-2, 3, 4-5, 6 - 1-2, 3, 4-5, 6 R-L, R, L, L - L-R, L, R, R STAMP-X STEP, STAMP, BRUSH BACK, BACK POINT - STAMP-X STEP, STAMP, BRUSH BACK, BACK POINT	
8	Picados	Side by Side
	1, 2-3, 4, 5, 6- 1, 2-3, 4, 5, 6 L, R, L, R, L - R, L, R, L, R STAMP, PICADO, STAMP, SLIDE BACK, STEP STAMP, PICADO, STAMP, SLIDE BACK, STEP	
16	Tap Hop Step	Loop down, X and return
	1-2, 3 - 1-2, 3 R-L, R - L-R, L TAP FRONT-HOP, STEP - TAP FRONT-HOP, STEP	
2	4 Waltz, 4 palmados w/ partner	Circle Partner
	1, 2, 3 - 1, 2, 3 R, L, R - L, R, L BALL, BALL, BALL - -BALL, BALL, BALL	

La Mazurka
Mexico - Yucatan

This mazurka is from the region of Yucatan, Mexico. It is a slow paced dance with the dancers holding their arms in a high W formation typical of the Yucatan. The soft touching of the palm reflects the European morays about touch between partners of the lack thereof. The Mazurka has transformed over the years into the Picado with a gentle lift of the foot.

The verses are sung in the native Yucatecan language.

Pronunciation: la ma-ZUR-ka

Translation: The Mazurka

Music: La Mazurka on the Viviana Acosta Statewide CD or Yucatan traditional

Formation: Couples start side-by-side with the man standing to the right of the woman.

Both man and woman have their arms raised in a high W position.

The woman may have a rebozo wrapped around her arms.

Meter: 3/4

Measure: Pattern

No introduction.

- I. Waltz and Palmado (touching palms of partner)
- 1-4 Begin with weight on left foot. Both use the same footwork.
Starting with right foot take 4 waltz steps in place
Step on R to R (ct 1), step on ball of L slightly behind R (ct 2), step on R in place (ct 3)
Step on L to L (ct 1), step on ball of R slightly behind L (ct 2), step on L in place (ct 3)
Step on R to R (ct 1), step on ball of L slightly behind R (ct 2), step on R in place (ct 3)
Step on L to L (ct 1), step on ball of R slightly behind L (ct 2), step on L in place (ct 3)
- 5-8 Repeat the 4 waltz steps but then turn inwards toward partner and touch partner's palm lightly, first R palms, then L palms, then R palms, then L palms
- 9 - 32 Repeat meas 1-8 three times. (Pattern done a total of 4 times)
- II. Waltz
- 1 – 16 Using 16 waltz steps as described in pattern I, separate from palms with partner, and turning slightly CW, both the man and woman move CW in one large circle approximately 1 ½ times, ending with the man standing to the left of the woman.
- III. Cross Sencillo Brush Back Point
- Women lower arms to side. Men have right hand down at side, left behind

- back
- 1-2 Stamping step R with weight (ct 1), hop or lift on R (ct 2) step on L crossing in front of R (ct 3), step back on R (ct 4), brush L back while hopping or lifting on R(ct 5), point L diagonally behind R (ct 6)
- 3-4 Reverse meas 1-2
- 5-16 Repeat meas 1-4 three times. At end of fourth time, take weight on R.

IV. Picados (“Mazurka” step)

- 1-2 Step back on L (ct 1), raise R leg slightly in front (ct 2), step R slightly forward (ct 3), step slightly back on L (ct 4), slide back on R (ct 5), step on L slightly forward (ct 6)
- 3-4 Reverse meas 1-2
- 5-16 Repeat meas 1-4 three times.

V. Tap, hop, step

- Both raise arms into W position.
- 1-2 Moving slightly forward
Tap with R foot forward (ct 1), hop on L (ct 2), step R on R (ct 3),
Tap with L foot forward (ct 4), hop on R (ct 5), step L on L (ct 6)
- 3-4 Tap with R foot forward (ct 1), hop on L (ct 2), step R on R (ct 3),
Tap with L foot forward (ct 4), hop on R (ct 5), step L on L (ct 6)
- 5-16 Repeat meas 1-4 three times turning individually CCW and ending with man to the left of the woman

VI. Waltz and Palmado

- 1-16 Repeat meas 1-16 of pattern I but it is done in a small circle moving CW.

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from dance notes submitted by the master teacher. Where there are questions, please refer to the teacher’s original notes or the teacher’s DVD.

**La Picon
Chihuahua**

4	Polka w/Heels	Circle w/Partner
	Y1, 2, 3- Y1, 2, 3- Y1, 2, 3- Y1, 2, 3-Y1, 2-1, 2, 3- Y1, 2-1, 2, 3 RR, L, R-LL, R, L- RR, L, R-LL, R, L-RR, L-R, L, R-LL, R-L, R, L STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP STAMP, FRONT HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP, STAMP, STAMP-STAMP, STAMP, STAMP-STAMP STAMP, STAMP-STAMP, STAMP, STAMP	
2	Cross Slap Grapevine	w/Partner
	1, 2, 1, 2-1, 2, 1, 2-1, 2, 1, 2-1, 2, 1, 2 1Y, 2Y, 3Y, 4-1Y, 2Y, 3Y, 4 1, 2-1, 2, 3, 4-1Y, 2Y, 1, 2 L, L, R, R- L, L, R, R- L, L, R, R- L, L, R, R RL, RL, RL, R-LR, LR, LR, L R, R-L, R, L, R-LR, LR, L, R STAMP IN, STAMP OUT, BACK SLAP, STAMP-STAMP IN, STAMP OUT, BACK SLAP, STAMP-STAMP IN, STAMP OUT, BACK SLAP, STAMP-STAMP IN, STAMP OUT, BACK SLAP, STAMP-STEP BACK, STEP SIDE, STEP FRONT, STEP SIDE, STEP BACK, STEP SIDE, SIDE- STEP BACK, STEP SIDE, STEP FRONT, STEP SIDE, STEP BACK, STEP SIDE, SIDE-STAMP FRONT, STAMP, STAMP, STAMP, STAMP, SLIDE BACK, SLIDE BACK, STAMP, STAMP	
2	Polka w/Heels	Circle w/Partner
	Y1, 2, 3- Y1, 2, 3- Y1, 2, 3- Y1, 2, 3-Y1, 2-1, 2, 3- Y1, 2-1, 2, 3 RR, L, R-LL, R, L- RR, L, R-LL, R, L-RR, L-R, L, R-LL, R-L, R, L STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP STAMP, FRONT HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP, STAMP, STAMP-STAMP, STAMP, STAMP-STAMP STAMP, STAMP-STAMP, STAMP, STAMP	
1	Dip Penguins Combo	w/Partner Kicking

	<p>1Y, 2Y, 3Y, 4Y-1, 2, 3, 4, 5, 6, 7, 8</p> <p>1Y, 2Y, 3Y, 4Y- 1, 2, 3, 4, 5, 6, 7, 8</p> <p>1, 2-1, 2, 3-1, 2-1, 2, 3-1, 2, 3, 4, 5, 6, 7, 8</p> <p>1, 2-1, 2, 3-1, 2-1, 2, 3-1, 2, 3, 4, 5, 6, 7, 8</p> <p>RL, RL, RL, RL-R, L, R, L, R, L, R, L</p> <p>RL, RL, RL, RL-R, L, R, L, R, L, R, L</p> <p>R, L-R, L, R-L, R-L, R, L-R, L, R, L, R, L, R, L</p> <p>R, L-R, L, R-L, R-L, R, L-R, L, R, L, R, L, R, L</p> <p>LUNGE BACK, LUNGE BACK, LUNGE BACK, LUNGE BACK-STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP</p> <p>LUNGE BACK, LUNGE BACK, LUNGE BACK, LUNGE BACK-STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP</p> <p>STEP, STEP-STEP, STEP STEP-STEP, STEP-STEP, STEP, STEP</p> <p>STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP</p> <p>STEP, STEP-STEP, STEP STEP-STEP, STEP-STEP, STEP, STEP</p> <p>STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP</p>	
2	Polka w/Heels	Circle w/Partner
	<p>Y1, 2, 3- Y1, 2, 3- Y1, 2, 3- Y1, 2, 3-Y1, 2, 1, 2, 3- Y1, 2, 1, 2 ,3</p> <p>RR, L, R-LL, R, L- RR, L, R-LL, R, L-R, L, R, L, R-L, R, L, R, L</p> <p>STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP STAMP, FRONT HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP, STAMP, STAMP-STAMP, STAMP, STAMP-STAMP STAMP, STAMP-STAMP, STAMP, STAMP</p>	
1	Dip Penguins Combo	w/Partner

<p>1Y, 2Y, 3Y, 4Y-1, 2, 3, 4, 5, 6, 7, 8</p> <p>1Y, 2Y, 3Y, 4Y- 1, 2, 3, 4, 5, 6, 7, 8</p> <p>1, 2-1, 2, 3-1, 2-1, 2, 3-1, 2, 3, 4, 5, 6, 7, 8</p> <p>1, 2-1, 2, 3-1, 2-1, 2, 3-1, 2, 3, 4, 5, 6, 7, 8</p> <p>RL, RL, RL, RL-R, L, R, L, R, L, R, L</p> <p>RL, RL, RL, RL-R, L, R, L, R, L, R, L</p> <p>R, L-R, L, R-L, R-L, R, L-R, L, R, L, R, L, R, L</p> <p>R, L-R, L, R-L, R-L, R, L-R, L, R, L, R, L, R, L</p> <p>LUNGE BACK, LUNGE BACK, LUNGE BACK, LUNGE BACK-STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP</p> <p>LUNGE BACK, LUNGE BACK, LUNGE BACK, LUNGE BACK-STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP</p> <p>STEP, STEP-STEP, STEP STEP-STEP, STEP-STEP, STEP, STEP</p> <p>STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP</p> <p>STEP, STEP-STEP, STEP STEP-STEP, STEP-STEP, STEP, STEP</p> <p>STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP</p>	
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La Picon
Mexico – Chihuahua

The rapid pace of this dance iconizes the style of Chihuahua with fast accordion work or picando, and the rapid dancing proffers the name Picon.

Pronunciation: la pi-CO-na
Translation: The fast pick
Music: La Picon on the Viviana Acosta Festival CD

Formation: Couples with typical Chihuahua hold. Man's left hand holding woman's right hand approximately shoulder level and woman's left hand on man's upper right arm.

Meter: 4/4

Measure: Pattern

Partners use opposite footwork. Steps given for woman.
Man uses opposite footwork.

- I. Polka with heels
 - 1 Stamp with R to right (ct 1), step R to right (ct +)
Touch L heel to left (ct 2),
Raise up and down on heel of right foot (ct +)
(arms can move up and down during the step)

Stamp with L to left (ct 3), step L to left (ct +)
Touch R heel to right (ct 4),
Raise up and down on heel of left foot (ct +)
 - 2-4 Repeat meas 1 three times
 - 5 Step on R (ct 1) step on L (ct 2)
Step R (ct 3) step on L (ct +) step on R (ct 4)
While woman is turning CW one full turn under her right (man's left arm)
 - 6 Step on L (ct 1) step on R (ct 2)
Step L (ct 3) step on R (ct +) step on L (ct 4)
While woman is turning CCW one full turn under her right (man's left arm)
 - 7-24 Repeat meas 1-6 three times (total of 4 times)
- II. Cross Slap Grapevine
Men and women use opposite footwork. Steps given for woman.
Man uses opposite footwork
 - 1 Stamp L flat on floor to right with toes pointing to right (ct 1)
Stamp L flat on floor to left with toes pointing to left (ct 2)
Leap onto L to right between couple while bending right knee and touching bottom of woman's right foot to bottom of man's left (ct 3)

- Step on R in place (ct 4)
- 2-4 Repeat meas 1 three times but end with no weight on R foot
- 5 Grapevine to left
Step with R behind left foot (ct 1), step on L to left (ct +),
cross R in front of left foot (ct 2) , step on L to left (+)
Step with R behind L (ct 3) step on L to left (ct +)
cross R in front of left (ct 4)
- 6 Grapevine to right
Step with L behind right foot (ct 1), step on R to right (ct +)
cross L in front of right foot (ct 2) , step on R to right (+)
Step with L behind right foot (ct 3) step on R to right (ct +)
Cross L in front of right (ct 4)
- 7 Brush R forward and to right (ct 1), step on R (ct 2)
Step L (ct 3) step R (ct +), step L (ct ah)
stamp R with weight (ct 4)
- 8 Slide L to left (ct 1) close or slide R to the L foot (ct +)
Slide L to left (ct 2) close or slide R to the L foot (ct +)
Stamp L with weight (ct 3)
Stamp R with weight (ct 4)
- 9-16 Repeat meas 1-8
- 1-12 III. Polka with heels
Repeat meas 1-6 pattern I two times
- IV. Dip Penguins Combo
Typical Chihuahua lunge step. Man's left and woman's right arms
move with the feet.
- 1 Lunge back on R (ct 1), step backward on L to close (ct +)
Lunge back on R (ct 2), step backward on L to close (ct +)
Lunge back on R (ct 3), step backward on L to close (ct +)
Lunge back on R (ct 4), step backward on L to close (ct +)
- 2 Extend R to right side and bring R down to replace left leg(ct 1)
Extend L to left side and bring L down to replace right leg (ct 2)
Extend R to right side and bring R down to replace left leg(ct 3)
Extend L to left side and bring L down to replace right leg (ct 4)
- 3 Extend R to right side and bring R down to replace left leg(ct 1)
Extend L to left side and bring L down to replace right leg (ct 2)
Extend R to right side and bring R down to replace left leg(ct 3)
Extend L to left side and bring L down to replace right leg (ct 4)
During meas 2-3, the couple turns as a couple 180 degrees or half
turn CW to face other wall
- 4-6 Repeat meas 1-3 moving toward other direction, ending with
another half turn CW.
- 7 Step backward on R (ct 1), step backward on L (ct 2)
Step back on R (ct 3), step back on L (ct +), step back on R (ct 4)

- 8 Step backward on L (ct 1), step backward on R (ct 2)
Step back on L (ct 3), step back on R (ct +), step back on L (ct 4)
- 9 Extend R to right side and bring R down to replace left leg(ct 1)
Extend L to left side and bring L down to replace right leg (ct 2)
Extend R to right side and bring R down to replace left leg(ct 3)
Extend L to left side and bring L down to replace right leg (ct 4)
- 10 Extend R to right side and bring R down to replace left leg(ct 1)
Extend L to left side and bring L down to replace right leg (ct 2)
Extend R to right side and bring R down to replace left leg(ct 3)
Extend L to left side and bring L down to replace right leg (ct 4)
During meas 2-3, the couple turns as a couple 180 degrees or half
turn CW to face other wall
- 11-14 Repeat meas 7-10
- V. Polka with heels
- VI. Dip Penguins Combo
Man turns woman under his arm at end

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from dance notes submitted by the master teacher. Where there are questions, please refer to the teacher's original notes or the teacher's DVD.

**Mi Reyna
Chihuahua**

16	Heel Combo	Circle w/Partner
	1Y, 2Y, 3Y, 4Y RL, LR, RL, RL STAMP HEEL, STAMP HEEL, STAMP HEEL, STAMP BALL	
2	Grapevine	w/Partner and turn
	1Y, 2Y, 3Y, Y4, 1, 2, 3, 1, 2, 3 1Y, 2Y, 3Y, Y4, 1, 2, 3, 1, 2, 3-1, 2 LR, LR, LR, L, RLR, LRL RL, RL, RL, R, LRL, RLR, LR SIDE STEP BACK STEP, SIDE STEP FRONT STEP, SIDE STEP BACK STEP, SIDE STEP, WALK WALK WALK, WALK WALK WALK SIDE STEP BACK STEP, SIDE STEP FRONT STEP, SIDE STEP BACK STEP, SIDE STEP, WALK WALK WALK, WALK WALK WALK, STAMP STAMP	
16	Lift	Circle around Partner
	1, 2, 3, 4-1, 2, 3, 4 R, R, L, R-L, L, R, L LIFT HOP, WALK, WALK, WALK- LIFT HOP, WALK, WALK, WALK	
8	Heel Combo	Circle w/Partner
	1Y, 2Y, 3Y, 4Y RL, LR, RL, RL STAMP HEEL, STAMP HEEL, STAMP HEEL, STAMP BALL	
2	Grapevine	w/Partner
	1Y, 2Y, 3Y, Y4, 1, 2, 3, 1, 2, 3 1Y, 2Y, 3Y, Y4, 1, 2, 3, 1, 2, 3-1, 2 RL, RL, RL, RL, RLR, LRL LR, LR, LR, RL, LRL, RLR, LR SIDE STEP BACK STEP, SIDE STEP FRONT STEP, SIDE STEP BACK STEP, SIDE STEP, WALK WALK WALK, WALK WALK WALK	

	SIDE STEP BACK STEP, SIDE STEP FRONT STEP, SIDE STEP BACK STEP, SIDE STEP, WALK WALK WALK, WALK WALK WALK, STAMP STAMP	
16	Lift	Circle around Partner
	1, 2, 3, 4-1, 2, 3, 4 R, R, L, R-L, L, R, L LIFT HOP, WALK, WALK, WALK- LIFT HOP, WALK, WALK, WALK	
8	Heel Combo	Circle w/Partner
	1Y, 2Y, 3Y, 4Y RL, LR, RL, RL RL, LR, R, LR STAMP HEEL, STAMP HEEL, STAMP HEEL, STAMP BALL	

Mi Reyna
Mexico – Chihuahua

This dance is a slow introduction to the region of Chihuahua. European influence on the dance is evident with the accordion music and the cowboy hat identifying it as a Northern region.

Pronunciation: mi REY-na
Translation: My Queen
Music: Mi Reyna on the Viviana Acosta Statewide CD

Formation: The dance begins in couples with the man to the left of the woman and with the couple holding inside hands. Women hold their short skirt with the right hand and men hold their belt buckle with their thumb. The couple swings inside arms as they dance. Later they will shift to a handhold with man's left hand holding woman's right hand approximately shoulder level and woman's left hand on man's upper right arm.

Meter: 4/4

Measure: Pattern

I. Heel Combo

Couples use opposite footwork. Steps given for men. Women use opposite footwork. Men and women begin with outside foot as arms swing forward on ct 1.

- 1 Step L on left foot in place (ct +)
Touch R heel in front (ct 1)
Step on R in place next to left foot (ct +)
Place L heel in front (ct 2)
Step on L in place next to right foot (ct +)
Step on R heel with weight in front (ct 3)
Step on L in place next to right foot (ct +)
Step on ball of R to back (ct 4)
Step on L in place (ct +)

- 2-16 Repeat this pattern from ct 1 with heel of inside foot touching in front.
15 times (total of 16)

II. Grapevine

Partners turn face each other and take handhold with man's left hand holding woman's right and woman's left hand on man's upper right arm.

Grapevine: begin with man's right and woman's left foot. Steps given for man. Woman uses opposite foot)

- 1-2 Step R to side (ct 1), step L behind right foot (ct 2), step R to side (ct 3), step L in front of right foot (ct 4), step R to side (ct 5), step L behind right foot (ct 6), step R to side (ct 7), pause (ct 8)
- 3-4 Step on L in place (ct 1), step on R in place (ct 2), step on L in place

(ct 3) pause (ct 4)
Step on R in place (ct 5), step on L in place (ct 6), step on R in place
(ct 7) pause (ct 8)
while turning woman under man's raised right arm.
Woman turns one complete turn CCW.

5-8 Repeat grapevine and turning woman under arm of meas 1-4 with
opposite footwork and direction. Woman will turn CW under man's
raised left arm.

III. Lift

Man and woman use same footwork.

1 While standing on L leg, lift R with bent knee in front (ct 1)

Step on R (ct 2), step on L (count 3), step on R (ct 4)

2 While standing on R leg, lift L with bent knee in front (ct 1)

Step on L (ct 2), step on R (count 3), step on L (ct 4)

3-8 Repeat meas 1-2 seven times (total of 8) while man does pattern in
place and woman circles around him CCW.

9-16 Repeat meas 1-8 while woman does pattern in place and man circles
around her CW.

IV. Heel Combo

1-8 Repeat meas 1 of pattern I eight times
but move as a couple making a complete circle CCW

1-8 V. Grapevine
Repeat pattern II

1-16 VI. Lift
Repeat pattern III

1-8 VII. Heel Combo
Repeat meas 1 of pattern I eight times
but move as a couple making a complete circle CCW

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from
dance notes submitted by the master teacher. Where there are questions, please refer to the teacher's
original notes or the teacher's DVD.

**Sones de Ixtapa y Soyalo
Chiapas**

4	Walk intro	Enter
	1, 2, 3, 4 R, L, R, L WALK, WALK, WALK, WALK	
8	Walk	In & Out w/Partner Clap
	1, 2, 3, 1, 2-1, 2, 3, 1, 2... L, R, L-R, L, R... WALK, WALK, WALK, CLAP, CLAP IN-WALK, WALK, WALK, CLAP, CLAP OUT...	
8	Slide	X Return w/Partner Arc/Clap
	1Y, 2Y, 3, 1, 2-1Y, 2Y, 3, 1, 2... LR, LR, L, RR-RL, RL, R, LL... SLIDE, SLIDE, SLIDE, STAMP CLAP, STAMP CLAP SLIDE, SLIDE, SLIDE, STAMP CLAP, STAMP CLAP...	
8	Descanso	Up Columna w/Partner
	1, 2, 3-1, 2, 3... R, L, R-L, R, L... STEP, BALL, STEP- STEP, BALL, STEP	
5	Crossover	By Partner side
	1, 2, 3-1, 2, 3... R, L, R-L, R, L... X OVER, BACK STEP, STEP- X OVER, BACK STEP, STEP...	
8	Descanso	Down & Up w/Partner
	1, 2, 3-1, 2, 3... R, L, R-L, R, L... STEP, BALL, STEP- STEP, BALL, STEP	
5	Rocking Horse	By Partner side
	1, 2-1, 2... R, L-R, L... STEP FRONT, STEP BACK-STEP FRONT, STEP BACK...	
8	Stamp, Stamp	By Partner side Clap
	1, 2, 1, 2, 3-1, 2, 1, 2, 3... R, R, R, L, R-L, L, L, R, L...	

	STAMP IN, STAMP OUT, STAMP CLAP, STAMP CLAP, STAMP CLAP- STAMP IN, STAMP OUT, STAMP CLAP, STAMP CLAP, STAMP CLAP	
6	Descanso	Down Columna w/Partner
	1, 2, 3-1, 2, 3... R, L, R-L, R, L... STEP, BALL, STEP- STEP, BALL, STEP	
8	Walk	In & Out to Partner
	1, 2, 3, 1, 2-1, 2, 3, 1, 2... L, R, L, RR-R, L, R, LL... WALK, WALK, WALK, CLAP, CLAP IN-WALK, WALK, WALK, CLAP, CLAP OUT...	
8	Slide	X & Return w/Partner
	1Y, 2Y, 3, 1, 2-1Y, 2Y, 3, 1, 2... LR, LR, L, RR-RL, RL, RL, R, LL... SLIDE, SLIDE, SLIDE, STAMP CLAP, STAMP CLAP SLIDE, SLIDE, SLIDE, STAMP CLAP, STAMP CLAP...	
8	Descanso	Up Columna w/Partner
	1, 2, 3-1, 2, 3... R, L, R-L, R, L... STEP, BALL, STEP- STEP, BALL, STEP	
5	Crossover	By Partner side
	1, 2, 3-1, 2, 3... R, L, R-L, R, L X OVER, BACK STEP, STEP- X OVER, BACK STEP, STEP...	
8	Descanso	Down w/ Partner
	1, 2, 3-1, 2, 3... R, L, R-L, R, L... STEP, BALL, STEP- STEP, BALL, STEP	
5	Rocking Horse	w/Partner
	1, 2, 1, 2... R, L, R, L... STEP FRONT, STEP BACK-STEP FRONT, STEP BACK...	

8	Stamp, Stamp	Alt 1 then other Partner
	1, 2, 1, 2, 3-1, 2, 1, 2, 3... R, R, R, L, R-L, L, L, R, L... STAMP IN, STAMP OUT, STAMP CLAP, STAMP CLAP, STAMP CLAP- STAMP IN, STAMP OUT, STAMP CLAP, STAMP CLAP, STAMP CLAP	
5	Descanso	Come together with Partner
	1, 2, 3-1, 2, 3... R, L, R-L, R, L... STEP, BALL, STEP- STEP, BALL, STEP	
4	Remate	Together
	1, 2, 3, 4 L, R, L, R STAMP, STAMP, STAMP, STAMP	

Sones de Ixtapa y Soyaló
Mexico – Chiapas

This is a lively party dance inviting others to join in the festivities utilizing Carrizo (a tall North American reed), cane, or bamboo sticks to accent the music and the steps.

Pronunciation: SO-nes de ish-TA-pa ee so_YA-lo
Translation: Songs from Istapa and Soyaló
Music: Sones de Ixtapa y Soyaló on the Viviana Acosta Festival CD

Formation: Men and women in couples in long ways line, men behind men and women behind women. Woman's line is to the right of the man's. Both men and women have their fists held at the front of their waist.

Meter:

Measure: Pattern

- I. Walk
Use four walking steps to get onto the dance floor.
Walk R (ct 1), L (ct 2), R (ct 3), L (ct 4)
- II. Walk
Weight is on outside foot. Begin with inside foot: Right foot for men, left foot for women. Steps written for women, men use opposite footwork.
 - 1 Walk sideways toward partner
Walk L (ct 1), R (ct 2), L (ct 3), clap two times in (ct + 4)
 - 2 Walk sideways away from partner
Walk R (ct 1), L (ct 2), R (ct 3), clap two times out (ct + 4)
 - 3-4 Repeat meas 1-2
- III. Slide
Slide toward partner with woman passing in front of man and arms circling from side to above head and then down on stamps.
 - 1 Slide L to left (ct 1), slide R to close to left (ct +)
Slide L to left (ct 2), slide R to close to left (ct +)
Slide L to left (ct 3),
stamp R with no weight and clap (ct +)
stamp R with no weight and clap (ct 4)
 - 2 Repeat meas 1: reversing direction and footwork with woman passing behind man.
 - 3-4 Repeat meas 1-2
- IV. Descanso
 - 1 Moving forward with shoulders and fists making a rolling movement
Step on R forward (ct 1), step on ball of L foot slightly behind right foot (ct +), step on R forward (ct 2).

2-4 Step on L forward (ct 3), step on ball of R foot slightly behind left foot (+), step on L forward (ct 4)
Repeat meas 1 three times

V. Crossover

Men and women use same foot in this pattern.
Step on R foot diagonally across left foot while clapping (ct 1)
Step on L foot in place while clapping (ct 2)
Step on R foot slightly to right side while clapping (ct 3)
Step on L foot diagonally across right foot while clapping (ct 1)
Step on R foot in place while clapping (ct 2)
Step on L foot slightly to right side while clapping (ct 3)
Repeat until end of musical phrase

VI. Descanso

Repeat pattern IV

VII. Rocking horse

1 Men and women use same footwork in this pattern.
Rock forward on R foot while arms rock down
Rock backward on L foot while arms rock up
Repeat 5 times??

VIII. Stamp, stamp

1 Man and woman use same footwork.
Stamp or scuff R forward to the left (ct 1),
stamp or scuff R forward and out to the right (ct 2)
and turn 180 degrees CW (to the right)
Stamp R with weight while clapping (ct 3)
Stamp L with weight while clapping (ct +)
Stamp R with weight while clapping (ct 4)

2 Stamp or scuff L forward to the right (ct 1),
stamp or scuff L forward and out to the left (ct 2)
and turn 180 degrees CCW (to the left)
Stamp L with weight while clapping (ct 3)
Stamp R with weight while clapping (ct +)
Stamp L with weight while clapping (ct 4)

Repeat til end of musical phrase

IX. Descanso

Repeat pattern IV

X. Walk

Repeat pattern II walking toward and away from partner

XI. Slide

Repeat pattern III

- XII. Descanso
Repeat pattern IV
- XIII. Crossover
Repeat pattern V
- XIV. Descanso
Repeat pattern IV
- XV. Rocking horse
Repeat pattern VII
- XVI. Stamp, stamp
Repeat pattern VIII alternating one and then the other partner
- XVII. Descanso
Repeat pattern IV coming together
- XVIII. Remate
Stamp 4 times taking weight each time
R, L, R, L

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from dance notes submitted by the master teacher. Where there are questions, please refer to the teacher's original notes or the teacher's DVD.

Brezovska Ruchenitsa

(From Brezovo and vicinity, south central Bulgaria)

Meter: 7/8 (2+2+3). This dance is another variant of The Thracian Ruchenitsa done in a line, and can be done to many different pieces of music. Most of the time arms are in a W-hold.

Measures:

1. Step on R to R [LOD] (1,2); bounce on R (3).
2. Step on L to R (1,2); bounce on L (3).
3. Ruchenichna (RLR) to R.
4. Ruchenichna (LRL) to R.
5. Leap onto R to R facing center while moving arms quickly down to V-position slightly behind the body (1,2); back away from center (3).
6. Step on R in place, arms are moving back up to W-position (1,2); bounce on R (3).
7. Step on L forward (1,2); bounce on L (3).
8. Step back on R (1,2); bounce on R (3).
- 9-11. Step on L to L (1); bounce on L (2); step on R to L (3). Arms do small circular motions in unison with the footwork.
12. Emphasized step on L closing to R arms move down to V-position (1); pause (2,3).

(Measures 13-16: footwork follows diamond pattern. Arms swing forward on counts (1,2) and back on count (3) except on count (3) of measure 16 when arms move up to W-position)

13. Ruchenichna (RLR) diagonally forward to L.
14. Ruchenichna (LRL) diagonally forward to R.
15. Ruchenichna (RLR) diagonally back to R.
16. Ruchenichna (LRL) diagonally back to L.

Lyrics:

Zamruknala e mari houbava Yana,
houbava Yana mari v gora zelena. /2
Choudi se mae mari houbava Yana,
otde da mine mari koy put da hvane. /2

V gora zelena mari mnogo puteki,
koya da hvane mari kude da ide. /2
Nad neya gree mari zvezda Denitsa,
zvezda Denitsa mari yasnogreynitsa. /2

Zvezda Denitsa douma houbava Yana:
“O, Yano, Yano mari houbava Yano. /2
Ne hodi Yano mari v gora zelena,
gora e pulna Yano, pulna s haydouti.” /2

Translation:

The beautiful Yana was overtaken by the night in the forest. Yana was wondering not knowing where to go nor which path to take.

There are so many paths in the green forest. Which one to take, where to go? Over her the bright Denitsa star was shining.

The Denitsa star was telling beautiful Yana: “O, Yano, you beautiful Yano. Do not go deeper into the forest. There are many rebels there.”

Described, translated and presented by Yuliyana Yordanov, © 2005

Gradchansko Gruncharsko

(From the village of Gradets, Vidin region, NW Bulgaria)

Meter: 9/8 (2+3+2+2) – Each measure can be counted “one (1) - two (2) - three (3) - four (4)”. Emphasis on (2) and (4).

This dance is a variety of Gruncharsko Horo (Potter’s Dance) and can be done to many different pieces of music.

The styling is energetic, with the arms swinging forward and back in a V-hold. There is a periodic synchronization between musical phrase and dance phrase.

The basic motion is “Gruncharka” and it resembles the motion of the potter’s wheel: step on R (1); emphasized step on L and Reversed Bicycle Motion (RBM) with R (2); bounce on L (3); RBM with R (4). First “Gruncharka” usually starts with a step, the following ones start with a bounce. Depending on the leg doing the RBM “Gruncharka” is further defined as either R or L.

Figure 1

Measures: 1-5 (LOD), 6-10 (RLOD)

1. “Gruncharka” with R
2. “Gruncharka” with L
3. “Gruncharka with R
4. Hop on L (1); step on R to R facing center (2); step on L to R crossing in front of R (3); step on R to R (4).
5. Step on L to R crossing behind R (1); step on R to R (2); step on L to R crossing in front of R (3); close R to L (4).
- 6-10. Same as measures 1-5 but with opposite footwork and direction.

Figure 2 - Facing center.

Measures:

1. Hop on L (1); emphasized step on R to R (2); leap onto L to R (3); step on R to R.
2. “Gruncharka” with L.
3. “Gruncharka” with R.
4. “Gruncharka” with L.
- 5-8. Same as measures 1-4 but with opposite footwork and direction.

Figure 3 - Same as Figure 2 but forward (measure 1) and back (measure 5).

Figure 4

Measures: 1-4 (LOD), 5-8 (facing center)

- 1-4. Leap onto R to R (1); close L to R bending the upper body (2); leap onto R lifting L back (3); step on L to R (4).
5. “Hlopka” (click) R to L (1); step on R (2); “Hlopka” L to R or a reel step with L (3); step on L (4).
6. “Gruncharka” with L
7. “Gruncharka” with R (wider)
8. Two reel steps - R, L.

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Loveshko Daychovo Horo

(From the Lovech region, north central Bulgaria)

Meter: 9/8 (2+2+2+3) - Styling is springy with large movements.

The basic motion is the “daychova”. First “daychova” is done with weight on L foot, arms relaxed in “V” hold: hop on L, lift R with bent knee (ct 1); step on R (ct 2); step on L (ct 3); step on R (ct 4). The arms swing forward and up on 1 and go down and back for the rest of the measure. On the next measure, the daychova is done with the opposite footwork.

Figure 1 - Basic.

Measures:

- 1-2. Daychova to the R (LOD).
- 3-4. Daychova in place, a bit outward.

There are many variations on the basic figure.

Figure 2 - Face center.

Measures:

1. Daychova diagonally to L, arms straight forward in front of chest.
2. Hop on R (1); step on L to R in front of R (2); tiny leap onto R to R (3); step on L to R behind R, bending arms in “W” position (4).
3. Daychova backward diagonally to L; arms go down and back.
4. Daychova in place.

Figure 3 - Face center.

Measures:

1. Leap forward onto R, arms forward (1); step on L to R behind R (2); leap back onto R, arms go down and back (3); step on L to R in front of R (4).
2. Same as Measure 1.
3. Kick with R, left knee bends, arms swing back (1-2); hop on L (3); step onto R, arms go forward (4).
4. Same as Measure 3 but with opposite footwork.

Variation on Measure 4: hop on R, step on L to R behind R [“reel step”](1-2); tiny leap backward onto R (3); step on L to R in front of R (4).

There are many variations including reel steps and scissors steps.

Described and presented by Yuliyana Yordanov, © 2004

Loveshko Gankino Horo

(From the Lovech Region, North Central Bulgaria)

Meter: 11/8 or 11/16 (2+2+3+2+2).

The dance can be done to many different pieces of music. The styling is energetic, with the arms swinging forward and back in a V-hold. Each pattern is three measures.

Basic - Same as the three-measure basic figure of every Gankino Horo or Kopanitsa.

Pattern 1 - Face center, weight on L.

Measures:

1. Step back on R (1), step on L in place (2), bounce on L, hooking R in front of L (3), step onto R to R (4), step onto L moving R, crossing L in front of R (5).
2. Step onto R to R (1), step onto L, crossing behind R (2), step onto R forward, pivoting to the R and slowly raising arms (3), hop forward on R, continuing to raise arms to head level (4), step forward onto L, pivoting to the L (5).
3. Hop on L (1), step forward onto R (2), kick (or scoop) with L to L (3), hop back on R (4), step back onto L, lowering arms (5).

Variation on measure 3:

Counts 1-3 are the same, leap back onto L (4), stamp with R heel near ball of L foot (5).

Pattern 2 - "Nozhichki" (scissors steps).

Measures:

1. Same as measure 1 of Pattern 1.
2. Counts 1-2 are the same as in Pattern 1, leap onto R, kicking forward with L (3), leap onto L, kicking forward with R (4), leap onto R, kicking forward with L (5).
3. Leap onto L, kicking forward with R (1), leap onto R, kicking forward with L (2), leap onto L, bending R sharply behind L (3), leap back onto R (4), step back onto L (5).

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Pirinsko Shirto

(From Dobrinishte and Bansko, northern Pirin mountain region, SW Bulgaria).

Meter: 7/8, (3+2+2 = slow, quick, quick), arms in W hold. Bounces are quite small. This dance can be done to many different pieces of music, especially songs.

Figure 1

Measures:

1. Facing and moving R (LOD). Bounce on L and step R forward (1); step L forward (2); step R forward (3).
2. Repeat 1 with opposite footwork.
3. Repeat measure 1, but backing up: face LOD, move RLD (bounce, back, back, back) Swing arms down, beginning after the bounce, and back up to W position by end of measure.
4. Face center. Bounce on R, step L to L (1); step R to L in front of L (2); step back on L (3). Arms move very slightly to the right (2) and then the left (3).

Figure 2 - Same as Figure 1, except the footwork of measure 3.

Measures:

3. Bounce on L and pivot to face RLOD, step R to L (1); step L to L facing center (2), step R to L (3).

Figure 3 - Same as Figure 2, except measure 4.

Measures:

4. Close L to R bending knees and straighten again (1), do two shallower bounces with feet still together (2-3).

There are many variations and here are some of them:

Men's variation 1 for Figure 3.

Measure 4: Leap onto L, facing center, with knee bent (1), slowly rise, with R foot in front of L knee (2-3), keep torso upright for this variation.

Men's variation 2 for Figure 3.

Measure 4: Leap onto L, facing center, while swinging R quickly to front, low, in front of L foot (1); bounce on L while swinging R foot behind L calf (2); bounce on L (3).

Women's variation for Figure 3.

On measure 4, do a 3-step turn counter-clockwise, starting with L.

"STAR MERAK"
("OLD DESIRE")

Singer: Ivan Dyakov

Lyrics:

Na surtse mi na surtse mi
star merak lezhi
na surtse mi na surtse mi
star merak gori.
Dali ima dali ima
negde po sveta
dali ima dali ima
lek za meraka?

Refrain:

Eh lyubov, lyubov, lyubov
ot zvezdi osejana
ot zvezdi osejana
i ot sluntse galena.

Ya posloushay mili sine
stara si mayka
nigde neme nigde nema
lek za meraka.
Ot merak se boledouva
ne se umira
dousha ke izleze sine
merak ostava.

Translation:

There is a desire that burns my heart for a long
time.
Is there anywhere in the world a remedy for
desire?

Refrain:

Love, love, love
studded with stars
and caress by sunshine.

Listen to your old mother my son:
There is not anywhere a remedy for desire.
You only can suffer from desire, you won't die.
Your soul might leave you, but your desire
remains
forever.

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Radomirska Ruchenitsa

. (From Radomir and Vicinity, Shopluk, Bulgaria)

Meter: 7/8 (2+2+3) - Styling is bouncy and energetic. Arms are in a belt hold (na lessa). Each figure is 10 measures.

Each measure can be counted "one (1) - two (2) - three (3)".

This dance can be done to many different pieces of music.

Figure 1

Measures:

- 1-2. Moving backwards in LOD. "Choukche" on L (1); step on R (2); step on L (3).
3. Tiny leap onto R to R facing center (1); step on L to R crossing in front of R (2); step on R to R (3).
4. Tiny leap onto L to R crossing behind R (1); step on R to R (2); step on L to R crossing in front of R.
5. Same as measure 3 but L is crossing behind R (2).
- 6-7. "Choukche" on R, "Iztursi" with L in front of R (1); step on L (2); step on R (3).
8. As in measures 6-7 (1,2); "Choukche" on L, hooking R in front of L (3).
9. "Krustosana ruchenichna": Leap onto R (1); tiny leap onto L in front of R (2); tiny leap onto R (3).
10. Leap onto L behind R pivoting R knee in front of L (1); step on R (2); step on L toward center crossing in front of R, bending the upper body with a dip (3).

Figure 2

Measures:

- 1-4. Same as in Figure 1.
- 5-6. Hop on L, R knee pivoting L across L (1); step on R behind L (2); step on L (3).
7. Hop on L (1); step on R (2); step on L across R (3).
8. Three tiny leaps in place – RLR, (or scissors).
9. Bounce on R, L across R in the air (1,2); bounce on R, L to L in the air (3). Left leg, working together with the upper body resembles the motion of a pendulum.
10. Tiny leap on L behind R (1); step on R (2); step on L forward with a dip of the whole body (3).

Figure 3 - Facing center.

Measures: 1-2 (forward); 3-4 (back); 5-10 (in place).

1. "Choukche" on L twice (1,2); step on R (3).
2. "Choukche" on R twice (1,2); step on L (3).
3. Same footwork as in measure 1.
4. Same footwork as in measure 2.
5. Dip on L and touch with R to R (1,2); hooking R in front of L and accent with the upper body (3).
6. Hop on L (1); step on R (2); step on L to R crossing in front of R, knee accent with R (3).
7. Step on R (1); step on L (2); step on R to L crossing in front of L, knee accent with L (3).
- 8-10. Same as measures 5-7 but with opposite footwork.

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Radoychovata

(From the Svoqe area, Shopluk, Bulgaria)

Meter: 2/4 - Styling is bouncy. Arms are in a belt hold (na lessa).

Figure 1: Weight is on L foot

Measures

- 1-2 Four steps to R (LOD)
- 3 Step-bounce on R to R
- 4 Step-bounce on L to R
- 5 Step onto R and lean to R facing center
- 6 Step on L to L, step on R to L in front of L
- 7 Step on L to L, step on R to L behind L
- 8 Small step back away from center and bounce on L, leaning to L
- 9 Small step back away from center and bounce on R, leaning to R
- 10 Same as meas.8

Figure 2: When tempo is faster

Measures

- 1-2 Four running steps to R
- 3-4 Same as in Figure 1 but backwards in LOD
- 5 Leap onto R turning to R, kick with L to R in front of R
- 6-10 Same as in Figure 1.

Variations:

Measures

- 3 Bounce on L, R hooks in front of L, step on R to R
- 4 Bounce on R, reel step with L behind R, pivoting to L
- 5 Leap onto R, stamp with L heel near R toe (or a R foot slap to R), pivoting to R
- 8 "Natrisane" starting with L, facing center: closing L to R, bounce on both feet (1); bounce on R, lifting L a bit ("and"); step on L (2). (Or Step back on L and hop.)
- 9 "Natrisane" starting with R
- 10 "Natrisane" starting with L

Figure 3: Face center

Measures

- 1 Step diagonally forward on R (1); step on L behind R ("and"); step forward on R (2)
- 2 Same as Measure 1 but with opposite footwork to the L
- 3-4 Same as Measures 1-2
- 5 Leap onto R, kick with L
- 6-7 Four running steps backward
- 8-10 "Natrisane" as in Measures 8-10 in the variations of Figure 2.

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Vidinska Chichovata

(From Vidin and vicinity, NW Bulgaria)

Meter: 2/4. The dance can be done to many different pieces of music and has many variations. The dance phrases are 6 measures each. Variations occur on measures 4-5-6. Most of the time arms are in W-hold with subtle circular motions relating to the footwork. Shoulders are relaxed. Face center throughout the dance.

Basic pattern

Measures:

1. Leap onto R to R (1); step on L to R crossing behind R (2).
2. Leap onto R to R (1); step on L to R crossing in front of R (2).
3. Same as measure 1.
4. Leap onto R to R, bending back L in the knee (1); brush with L heel by the R foot extending L leg slightly above the ground.
5. Leap onto L to L (1), step on R to L crossing behind L (2).
6. As measure 4 but with opposite footwork.

Variation 1

Measures:

4. Close (or Click) R to L (1); bounce on R (2).
5. Leap onto L to L (1); step on R to L crossing behind L (2).
6. Close (or Click) L to R (1); bounce on L.

Variation 2

Measure:

4. Step on R to R (1); step on L to R crossing in front of R (2)
5. Step back on R (1); step on L to L stretching R above the ground (2)
6. Step on R to R (1); step on L to R crossing in front of R (2).

Variation 3

Measures

4. Hop on L, beginning reel step with R (1); step on R behind L (2).
5. Leap onto L to L (1); step on R to L crossing in front of L (2).
6. Hop on R pivoting to R (1); step on L to R crossing in front of R (2).

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