

# Kremikovsko

(Bulgaria)

This is a dance for both men and women from the Shopluk Region (Sofia area) in West-central Bulgaria.

Pronunciation: kreh-mee-KOHV-skoh

CD: *Ya si te daruvam* (I give you my heart). Band 17.

2/4 meter

Formation: Open circle; belt hold.

Steps & Styling: Sharp, energetic.

## Meas

## Pattern

16 meas

### INTRODUCTION

### BASIC FIGURE

Can be repeated to end of dance.

- 1 Facing and moving in LOD, hop on L to R, raising R while turning the heel slightly inward and pulling it slightly back twd body (cut) (ct 1); step on R (ct 2).
- 2 Hop on R, raising L while turning the heel slightly inward and pulling it slightly back twd body (cut) (ct 1); step on L (ct 2)
- 3-4 Repeat meas 1-2.
- 5 Facing ctr step bkwd on R (ct 1); step on L moving bkwd (ct 2).
- 6 Step on R beside L (ct 1); pause (ct 2).
- 7 Transfer wt to L, bending L knee (ct &); hit the ground in front with straightened R (ct 1); step on R back to place, lifting L slightly and bending R slightly (ct 2).
- 8 Step on L next to R, both L and R straightened (ct 1); raise L, taking wt on R with bent knee (ct &); step on L with bent knee, raising R (ct 2); pause (ct &).
- 9 Step on R next to L, with both R and L straightened (ct 1); raise R, taking wt on L with bent knee (ct &); step on R with bent knee, raising L (ct 2); pause (ct &).
- 10 Repeat meas 8.

## II. POVIVANE (KNEE TWIST AND TURN)

This figure is only for performing groups. After clarinet solo in 8 meas (performed 4 times), M and W use 16 meas to form separate lines with Running steps, beg R. (M's line in front of W's line, holding belts at the end of Running steps).

- 1 First time, raise R bent knee twisted across in front of body (ct &); leap onto R with raised bent L and twist the body to R moving fwd (ct 1); leap onto L with raised bent R, twist the body very slightly to L (ct 2).

## Kremikovsko—continued

- 2-3 Repeat meas 1, ending with straightened R fwd. **Note:** Accent or shaper movement on meas 1-3, ct 1.
- 4 Nozhichka (“small scissors”): step bkwd on R, with L straightened fwd (ct 1); step bkwd on L, with R straightened fwd (ct &); step bkwd on R, with straightened L fwd (ct 1); pause (ct &).
- 5 Hop on R in place, raising L to begin back bicycle (ct 1); continue back bicycle and then stamp L beside R (ct 2).
- 6 Step on L raising R (ct 1); kick R fwd (ct 2).
- 7 Step on R moving bkwd (ct 1); step on L moving bkwd and raising R bent knee, twisted across in front of body (ct 2).
- 8 Last time through, meas 8: step on R moving bkwd (ct 1); stamp L beside R (ct 2).

**Note:** Fig I (the main figure) is performed all the time until the end of the music. If people (or some of them, mostly M) are in a mood to do something more jumpy, they could start a separate line doing the “Povivane” variation. W never jump as high as M while they dance this figure.

Do Povivane 6 times—last 2 times, M yell: Druzh se zemyo shop te gazi (DROOZH seh ZEHPMYOH SHOHP teh GAHZI).

Presented by Daniela Ivanova