

PADNA MÂGLA

(Bulgaria - Sopluk)

Traditional steps from the *Lazarki*, springtime custom for unmarried girls. Set to modern music arranged by Dimitar Penev. Arrangement by Yves Moreau.

Pronunciation: PAHD-nah Muh-GLAH
Music: Yves Moreau cassette MCA-198
Rhythm: 9/8 + 11/8 + 14/8 with pauses
Formation: Lines, hands joined down at sides. Face ctr wt on L.
Style: Light, happy steps.

Meter	Pattern
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No introduction, start with music (piano)

1. Fwd and back (9/8)

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|-----|---|
| 1 | Step fwd with light lift onto R (1) pause (2) step fwd L (3) step fwd R (4) |
| 2 | Step fwd with light lift onto L (1) pause (2) step fwd R (3) step fwd L (4) |
| 3 | Step sdwd R with R (1) pause (2) bounce twice on both feet tog (3,4) |
| 4 | Same as in meas 3 with opp ftwrk and direction |
| 5-8 | Repeat pattern of meas 1-4 |

2. Travelling in LOD (11/8 + 14/8)

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| | 1 Facing and travelling in LOD, do 4 light walking steps R-L-R-L (1-4) light hop onto L, R ft crossed in front in a hook fashion (5) |
| 2 | Repeat pattern of meas 1 |
| 3 | Two walking steps in LOD, R-L (1,2) facing ctr, step on R to R (3) step on L behind R (4) bounce twice onto both feet (5,6) + pause: 1 meas of 9/8 on piano |
| 4-6 | Repeat pattern of meas 1-3 |
| 7-9 | Individually, dancers describe circular path out to L, around and back to place in 3 meas. of 9/8 (R-L-R, L-R-L, R-L-R) |
| 10 | Slow bow fwd of upper body and rejoin hands to repeat dance from beginning. |

Repeat dance from beginning

Presented by Yves Moreau at the Laguna Folkdancers Festival 1999