

Pandalaš

(Bulgaria)

see errata at end of notes

Pahn-dah-LAHSE. KOO-tse-tah

This dance is done throughout Dobrudža in northeast Bulgaria. The figures given below were chosen from among numerous variations popular in the southern part of Dobrudža. The variations were learned by Yves Moreau in December, 1969, from Dančo Ilijev, leader of a folk dance group in the village of Devnja, Varna District.

Music: Balkanton BHA 734. Side 2, Band 1. 7/16 meter: 1-2, 1-2, 1-2-3.
Counted here as 1, 2, 3.

Formation: Mixed, short lines of 6 to 8 dancers. Hands joined down at sides. When in "W" pos, hands are close to shoulders. Face LOD. Wt on L.

Style: Upper part of body erect, knees bent. Heavy feeling.

Variations given below may be done in any sequence and with any number of repeats at discretion of leader, with the exception of Entrance Step which is done only once. All variations end with a step or stamp with R ft. Whether or not wt is taken depends upon the variation called next.

Meas	Pattern
1-8	Introduction - no action
1	<u>I. ENTRANCE STEP</u> (not repeated) Moving in LOD, lift slightly on L, at same time prepare to step fwd on R by touching R heel to floor (ct 1). Take full wt on R, bending knee (ct 2). Step fwd on L (ct 3).
2-7	Repeat action of meas 1, 6 times (7 in all).
8	Still facing LOD, stamp lightly 3 times, R,L,R, take wt (cts 1,2,3).
	<u>II. BASIC</u>
1	Moving in LOD, lift on R (ct 1). Step fwd L (ct 2). Step fwd R (ct 3).
2-4	Repeat action of meas 1, Part II, 3 more times, turning to face ctr on ct 3 of meas 4 with step on R.
5	Stamp L next to R, no wt (ct 1). Hold (cts 2,3).
6	Moving RLOD, step L diag fwd L (cts 1,2). Step R across in front of L (ct 3).
7	Step L sdwd to L (cts 1,2). Step R across in back of L (ct 3).
8	Step L to L (cts 1,2). Stamp R next to L (ct 3).

HAND MOVEMENTS DURING PART II:

meas	1-4	Swing hands bkwd (ct 1). Swing hands naturally fwd (cts 2,3).
	5	Continuing fwd and upward swing, raise hands to "W" pos (ct 1). Hold (cts 2,3).
	6	"W" pos.
	7	"W" pos (ct 1). Extend hands fwd and lower to side (cts 2,3).
	8	Swing hands fwd and up (cts 1,2). "W" pos (ct 3).

III. SCUFF

1-5	Repeat action of meas 1-5, Part II, including hand movements.
6	Small leap onto L, turning to L, raising R ft in back, knee bent (ct 1). Souff R heel next to L (ct 2). Step fwd on R (ct 3).

HAND MOVEMENTS: Raise elbows bkwd, lowering hands slightly (ct 1).

Begin to push hands fwd (ct 2). Full extension of arms (ct 3).

continued...

- 7-8 Turning to face ctr, repeat action of meas 7-8, Part II.
HAND MOVEMENTS: Lower to sides ots 2,3 of meas 7. Raise to "W"
 pos as in meas 8, Part II.

IV. FORWARD

HANDS in "W" pos through meas 5, Part IV.

- 1 Facing ctr, wt on L, touch R toe to R, bounce twice on L (ots 1,2).
 Step R fwd across L, bending R knee (ot 3).
 2 Repeat action of Meas 1, Part IV, reversing ftwork.
 3-4 Repeat action of meas 1-2, Part IV
 5 In place, 3 light stamps, R, L, R, take wt (ots 1,2,3).
 6-8 Repeat action of meas 6-8, Part III, including hand movements.

V. GRAPEVINE

HANDS in "W" pos through meas 5, Part V.

- 1 Facing ctr, move LOD with light leaps, R to R (ots 1,2). L across in
 front of R (ot 3).
 2 Leap R to R (ots 1,2). Leap L behind R (ot 3).
 3-4 Repeat action of meas 1-2, Part V.
 5 Jump to ft apart (stride pos) (ots 1,2). Jump to ft together (ot 3).
 6-8 Repeat action of meas 6-8, Part III, including hand movements.

VI. PAUSE

- 1-3 Facing and moving LOD, wt on R, repeat action of meas 1-3, Part II
 (lift, step, step), except on ot 3 of meas 3, leap onto R turning to
 face ctr, bring L ft up in back, knee bent.
 4 Step L behind R with wt on balls of both ft, sink into knee bend (ot 1).
 Hold (ot 2). Take wt on R (ot 3).
 5-8 Repeat action of meas 1-4, Part VI, exactly.

HAND MOVEMENTS DURING PART VI:

- meas 1-3 Swing bkwd as in Part II, except on ot 3 of meas 3 extend straight
 up.
 4 Return to "W" pos (ot 1). Hold (ot 2). Lower to sides (ot 3) to
 begin bkwd swing again.

Presented by Yves Moreau

Notes by Bev and Ginny Wilder

- ERRATA: Formation: Should read Hands in "W" pos instead of
 joined down at sides.
 FIG I (Entrance step): meas 8 should read face ctr
 instead of still facing LOD.
 FIG II (Basic): meas I: Moving LOD lift on R at same
 time touch left toes to floor without putting weight
 (ct1) Release wt on L ft (ct 2) Step fwd R (ct 3)
 FIG IV (Forward): meas 1 omit: "bounce twice on L".
 FIG VI (Paude) : Meas 4 Take wt on R (ct 3) should
 read leap onto R.