

Birindzhika

2/4 – Malko Gradishte village in South Thrace

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In some villages in South Thrace, there is a ritual called "Na Kana" which occurs on the last night before a wedding. This takes place in the bride's house between the bride and her relatives and closest friends. "Birindzhika" is one of the dances associated with this ritual. The dance is a mixed dance. It is done in 2 straight lines opposite each other with hands in a front basket hold. The pattern of the dance is that one group starts by moving towards the second group. Then the second group joins in during the 4th measure by moving towards the first group while the first group goes backward. After every 18 measures, both lines turn 90 degrees (1/4 of a circle) counterclockwise while continuing the dance pattern. The dance has only 1 figure of 3 measures and is done forward and backward. During the entire dance except for the first 3 measures one group moves forward while the other group moves backward. There is a 9 measure introduction.

Figure 1 "Trakiika" - 3 measures

Measure 1

1. Step on the right foot
2. Step on the left foot

Measure 2

1. Step on the right foot
2. Lift (bounce) on the right foot

Measure 3

1. Step on the left foot
2. Lift (bounce) on the left foot

Possible variations:

Variation 1

Replace measure 2 by

1. Step on the right foot
Step on the left foot
2. Step on the right foot
Hold

Replace measure 3 by

1. Step on the left foot
Step on the right foot
2. Step on the left foot
Hold

Variation 2

Replace measure 3 by

1. Step on the left foot
Step on the right foot
2. Step on the left foot
Hold