

Bjaganica

(Bulgaria)

Translation: Running dance.

Rhythm: 9/16 counted 1-and, 2-and, 3-and, 4-and-ah; or QQQS.

Record: Folkraft LP-26, side A band 5 (1:55)--gajda & gudulka.

Starting Position: "V" position. Right foot free. Circle dance, no partners.

Variation I - Basic

- 1 Facing slightly and moving R, four running steps starting with R foot (counts 1-4).
- 2 Turning to face center, step sideward R on R foot, swinging hands fwd (ct 1). Cross and step on L foot in back of R (ct 2). Step sideward R on R foot, swinging hands bkwd (ct 3). Cross and step on L foot in front of R (count 4).
- 3 Step sideward R on R foot, swinging hands fwd (ct 1). Cross and step on L foot in back of R (ct 2). Step sdwd R on R foot, swinging hands bkward (ct 3). Pause (ct 4).
- 4 Turning to face slightly and moving R, step bkwd on L foot (ct 1). Pause (ct 2). Continuing, step bkwd on R foot (ct 3). Pause (ct 4).
- 5 Repeat pattern of measure 1 reversing direction and footwork.
- 6-7 Repeat pattern of measures 3-4 reversing direction and footwork.

Variation II - (Men only)

- 1-2 As I above.
- 3 Repeat pattern of measure 2.
- 4 Jump and squat down on both feet together, knees together (ct 1). Pause (ct 2). Rise and a slight hop on L foot in place (ct 3). Pause (ct 4).
- 5 Step sdwd R on R foot (ct 1), pause (cts 2-3). Close and stamp L foot beside R without taking weight (ct 4).
- 6-7 Repeat pattern of measures 1-2 reversing direction and footwork.
- 8-9 Repeat pattern of measures 4-5 reversing direction and footwork.

Note: This dance comes from the village of Dragoevo in northeast Bulgaria. The music lasts 13 measures.