
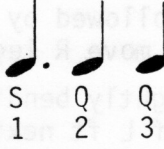


- TRANSLATION : Line dance named after the capital of the Pirin region in Bulgaria, Blagoëvgrad.
- MUSIC : LP/Cassette "Folk Dances from Bulgaria" - volume 4
JL 1988.02 by Jaap Leegwater
Side B, Band 6
- METER : 7/8  or 
S Q Q
1 2 3
- STYLE : Macedonian or Pirinski
- high on the ball of the ft
- the steps are light and performed in a vertical bouncy way by bending and stretching the ankles and knees
- SOURCE : This dance, also called Pirinsko, was learned from Mitko Donkov at the first Bulgarian Summer Dance Seminar in Veliko Târnovo in 1981.
- FORMATION : Half circle, hands are held in a Macedonian-type W-position.
- INTRODUCTION : None

MEAS PATTERN

Part 1

- 1 facing ctr, moving sdwd R,
big step on R ft sdwd R in 2nd-position slightly bending
both knees (ct 1),
lift on R ft, taking L ft off the floor (ct 2),
step on L ft across behind R ft (ct 3),
- 2 step on R ft sdwd R (ct 1),
step on L ft across in front of R ft (ct 2),
hold (ct 3)
- 3 turning face diag L,
hop on L ft, lifting R knee in front (ct 2),
hold (ct 3)
- 4 step on R ft in front of L ft, bending R knee and lifting
L ft off the floor behind (ct 1),
step back on L ft in place (ct 2),
lift R knee in front (ct 3)
- 5 turning face ctr, lift on L ft (ct &),
slightly bend L knee, extending R leg fwd low (ct 1),
turning face diag R, lift on L ft, moving R leg in LOD (ct 2),
step on R ft (ct 3)

| MEAS | PATTERN |
|-------|---|
| 6 | extend L leg across in front of R leg close along the floor (ct 1), hold (ct 2), bend R knee (ct 3) |
| 7 | bounce on R ft followed by a step on L ft ft across in front of R ft (ct 2), lift on L ft and move R leg in an arc from fwd L to sdwd R (ct 2-3) |
| 8 | step on R ft slightly bending R knee (ct 1), place the ball of L ft next to R toes with the heel slightly turned in, straightening R leg (ct 2), hold (ct 3) |
| 9 | facing ctr, moving bkwd, lift on R ft, lifting L knee in front (ct &), bend R knee, extending L leg fwd low (ct 1), bounce on R ft, bending L leg in an arc sdwd - bkwd (ct 2), step on L ft behind R ft (ct 3) |
| 10 | bounce on L ft, bending R leg in an arc sdwd - bkwd (ct 1), step on R ft behind L ft (ct 2), step on L ft in place (ct 3) |
| 11 | hop on L ft, lifting R knee in front (ct 1), hold (ct 2-3) |
| 12 | bend L knee (ct 1), straighten L leg (ct 2-3) |
| 13-48 | repeat action of meas 1-12 three more times |

Part 2

| | |
|------|--|
| 1 | facing ctr, dancing in place, lift on L ft, lifting R knee in front (ct &), bend L knee, extending R leg fwd low (ct 1), bounce on L ft, moving R leg sdwd low (ct 2), step on R ft sdwd R (ct 3) |
| 2 | step on L ft across in front of R ft, taking R ft off the floor (ct 1), step on R ft in place (ct 2), take L ft off the floor (ct 3) |
| 3-4 | repeat action of meas 1-2 with opp ftwk and directions |
| 5-6 | repeat action of meas 1-2 |
| 7 | facing ctr, moving bkwd, lift on R ft, lifting L knee in front (ct &), bend R knee, extending L leg fwd low (ct 1), bounce on R ft, bending L leg in an arc sdwd - bkwd (ct 2), step on L ft across behind R ft (ct 3) |
| 8 | facing ctr, moving sdwd R, step on R ft (ct 1), step on L ft across in front of R ft, bending L knee (ct 2), take R ft off the floor (ct 3) |
| 9-16 | repeat action of meas 1-8 |

| <u>MEAS</u> | <u>PATTERN</u> | <u>Part 3</u> |
|-------------|---|-----------------|
| 1 | repeat action of meas 1 of Part 2 | |
| 2 | lift the L leg with the heel turned out sdwd R, straightening up on R leg (ct 1), hold (ct 2-3) | |
| 3 | bend R knee, swinging L leg across in front of R leg (ct 1), bounce on R ft, lifting L knee (ct 2), step on L ft across in front of R ft (ct 3) | |
| 4 | step on R ft sdwd R, bending R knee (ct 1), step on L ft behind R heel (ct 2), step on R ft across in front of L ft (ct 3) | Jemenite - step |
| 5-8 | repeat actin of meas 1-4 with opp ftwk and directions | |
| 9-16 | repeat action of meas 1-8 | |

Repeat the whole dance one more time from the beginning.
At the end, slowly lift the R knee in front and straighten up on the L leg (closing chord)

