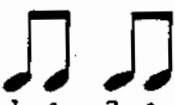


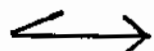
BUENEK

(BULGARIA)

- ORIGIN : Girl's dance from Strandža region, Bulgaria.
- TRANSLATION : The word *Buenek* or *Buenec* in Bulgarian language can mean different things:
1. A girl's costum connected with spring rituals and symbols of fertility, performed during Lent or St. Lazarus Day (*Lazaruvane*) and Palms Sunday.
 2. The dance chain itself.
 3. The first leading girl.
- BACKGROUND : On the saterday before Palm Sunday (*Lazarova Sâbota*) the St. Lazarus holiday (*Lazaruvane*) is observed. It is celebrated throughout Bulgaria in many different ways, forms and choreographies. They always have the same ritual background and context and are accompanied by songs and dances.
- The girls in the villages of East-Thrace and Strandža are dressed up in their most beautifull folk costumes and gather in small groups. They are not more then twelve years old. They are lined up in a dance line according their maturity and height (*po boj*). The first girl will lead the dance and is called the *Buenica*. She leads her chain from house to house and they pay a short visit to the families. The girls then perform dances and songs in the courtyard in which they express good wishes for health, prosperity and fertility for all family members and livestock. A frequent theme in the *Lazarki* songs is beginning romance. Plans for future marriages are often announced on this day.
- MUSIC : LP "Folk Dances from Bulgaria - vol 2"
by Jaap Leegwater Balkanton BHA 11134. Side A, Band 2.
- METER : 2/4
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1 & 2 &
- SOURCE : This version of *Buenek* was introduced on a teaching tour in the Netherlands by the Bulgarian danceinstructor and choreographer Dimiter Dojčinov in 1978.
- FORMATION : Half or open circle.
Hands held down at the sides in V-position.
- MUSICAL INTRODUCTION : 8 measures

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>DESCRIPTION OF THE BASIC STEP</u>
	1	1		stamping step on R ft, straightening both knees
		&		step on L next to R ft, bending L knee and slightly lifting R knee in front
		2		
		&		repeat action of ct 1-&
			Note: - These steps are done on the whole ft - One measure has two basic steps - The steps can be done in place or any dancedirection	

Part 1 "BASIC"

1-8

16 basic steps

Part 2 "FWD-BKWD & STAMPS"

1-2

 Steps
 4 basic steps

Arms

 The arms in W-position
 make small lifts on
 each main ct (step on R)

3-4

4 basic steps

 swing arms fwd down
 to bkwd low on Meas 4

5

 1 small step on R ft sdwd R
 & stamp L ft, without wt, next
 to R ft
 2 small step on L ft sdwd L
 & stamp R ft, without wt, next
 to L ft
fwd low
down

bkwd low

down

6

 1 small step on R ft sdwd R
 & stamp L ft, without wt,
 next to R ft
 2 as on ct &
fwd low
down

bkwd low

7-8

 repeat action of meas 5-6
 with opp ftwk & directions
Part 3 "TEN MEASURE FIGURE"

1

 1 small step on R ft
 & small step on L ft
 2 small step on R ft
 & bouncy on R ft, lifting L knee
 in front

 move arms up to
 W-position

2

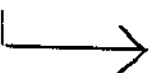
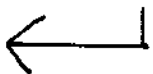
 repeat action of meas 1 with
 opp ftwk bkwd

W-position

3

 1 small step on R ft sdwd R
 & stamp L ft, without wt, next
 to R ft
 2 small step on L ft sdwd L
 & stamp R ft, without wt, next
 to L ft

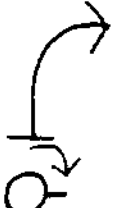



 swing arms slowly
 through fwd low
 to bkwd low

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Arms</u>
	4	1 & 2 &	<u>Steps</u> small step on R ft sdwd R small step on L ft behind R ft small step on R ft sdwd R bounce on R ft, lifting L knee in front	Slowly move arms up to W-position
	5		repeat action of meas 4 with opp ftwk & directions	Swing arms slowly through fwd low to bkwd low
	6-10		repeat action of meas 1-5	

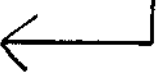
Part 4 "FIGURE EIGHT" QD

In the following 16 bars each dancer individually moves and describes a "figure eight-on-its-side":

arms down to hand level

	1	1 & 2 &	2 basic steps
	2	3 & 4 &	stamp R ft, without wt, next to L ft, looking across the shoulder tw ctr lift R ft off the floor 1 basic step
	3-4		4 basic steps, completing the small CCW circle
	5-8		repeat action of meas 1-4 with the same ftwk in opp direction

Part 5 "SIDEWARDS"

	1	1 & 2 &	fall onto R ft twd ctr in front of L ft step on L ft <i>to side bck</i> step on R ft slightly bkwd step on L ft	Swing arms fwd low Swing arms bkwd low
	2-8		repeat action of meas 1 seven more times	

DANCE SEQUENCE

<u>Music</u>	<u>Bars</u>	<u>Part</u>
B	8	Musical Introduction
A	8	Part 1 "BASIC"
B	8	Part 2 "FWD-BKWD & STAMPS"
C	10	Part 3 "TEN MEASURE FIGURE"
D	8	Part 4 "FIGURE EIGHT"
A	8	Part 1 "BASIC"
B	8	Part 2 "FWD-BKWD & STAMPS"
E	8	Part 5 "SIDEWARDS"
F	8	Part 2 "FWD-BKWD & STAMPS"
C	10	Part 3 "TEN MEASURE FIGURE"
D	8	Part 4 "FIGURE EIGHT"
E	8	Part 1 "BASIC"
E	8	Part 2 "FWD-BKWD & STAMPS"

Note: Finish the dance with an additional stamp with R ft next to L ft.