

BUENEK

Bulgaria

This women's dance from East Trakija is a Lazarski dance. On Lazar day, the Saturday before Palm Sunday, dances are performed to symbolize the raising of Saint Lazarus, and thus the awakening and bringing of new life, fertility, happiness and prosperity.

PRONUNCIATION: BOOIE-neck

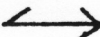





RECORD: BHA 11134, Folkdances from Bulgaria vol.II, side A, band 2.

FORMATION: Couples in one line, hands in V-pos. Leading girl is called Buenets.

BASIC STEP: The basic step is a smooth walking step, going R,L, with an up-accent on the R leg.

METER: 2/4

PATTERNS

Direct	Meas	Ct	Steps	Arms	
<u>INTRODUCTION: 16 meas</u>					
	1-16		<u>FIG. I</u> 16 basic steps in LOD	arms in V-pos.	
	1-4		<u>FIG. II</u> 4 basic steps twd ctr	arms in W-pos, bouncing up on ea ct 1.	
	5-6		2 basic steps bkwd	arms in W-pos.	
	7-8		Repeat meas 5-6	bring arms down 4 cts	
	9	1	Small step with R to R	}	arms swing slightly fwd.
		2	Light stamp with L next to R (no wt)		
	10		Same as meas 9 with opp ftwk		arms swing bkwd.
	11		Repeat meas 9.		
	12	1	Light stamp with L (no wt)		arms swing bkwd.
		2	Pause		
	13-16		Same as meas 9-12 with opp ftwk		
<u>FIG. III</u>					
	1	1-2	Step R,L. twd ctr	}	bring arms up from V-pos to W-pos in 4 cts.
	2	1	Step R twd ctr		
		2	Bounce on R ft		
	3	1-2	Step L,R bkwd	}	arms stay in W-pos.
	4	1	Step L bkwd		
		2	Bounce on L ft		


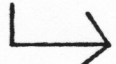
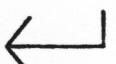
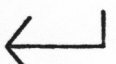
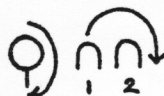

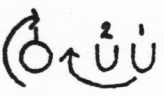

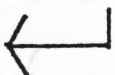
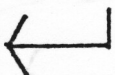
Direct	Meas	Ct	Steps	Arms
	5	1	Small step with R to R	} bring arms down and bkwd in 4 cts.
		2	Light stamp with L next to R (no wt)	
	6		Same as meas 5 with opp ftwk	} bring arms up to W-pos in 4 cts.
		7	1 Step R to R 2 Cross L behind R	
	8	1	Step R to R	} bring arms down and bkwd.
		2	Bounce on R ft	
	9-10		Same as meas 7-8 with opp ftwk	} bring arms down and bkwd.
	11-20		Repeat meas 1-10, finish facing ctr with cpls holding hands and releasing others.	
	21-22		Cpls make 1/2 turn cw in 2 basic steps, pers on the R turns in pl, as pers on the L walks fwd around the one on the R	} arms in W-pos.
	23	1	Step with R in pl, accent up, ptnrs look at ea other	arms accent up in W-pos
		2	Hold	hold.
	24-26		Repeat meas 21-22, thus completing a full cir	arms accent down (W-pos).
	27-28		2 basic steps in pl	} bring arms down and bkwd.
	29-36		Same as meas 21-28 turning ccw, with pers on the L becoming the axis in pl.	

FIG. IV: GRAPEVINE

	1	1	Cross R in fr of L	} arms swing fwd
		2	Step L to L	
	2	1	Cross R behind L	} arms swing bkwd
		2	Step L to L	
	3-16		Repeat meas 1-2 7 more times (all this in RLOD).	

ORDER OF FIGURES:

Fig I
 Fig II
 Fig III
 Fig I
 Fig II
 Fig IV
 Fig II: repeat meas 1-8 2x
 Fig III
 Fig I
 Fig II: repeat meas 1-8 2x