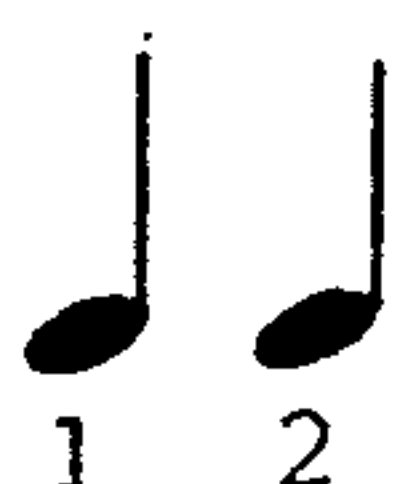



- BACKGROUND AND ORIGIN : *Danec* is a dance connected with a Spring ritual done by young girls on St. Lazarus day in the villages of the region of Dobrudža, North-East Bulgaria.
- On the saterday before Palm Sunday (*Lazarova Sâbota*) the St. Lazarus holiday (*Lazaruvanè*) is observed. It is celebrated in Bulgaria in 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 Dobrudža are dressed up in their most beautifull folk costumes and gather in small groups. The first girl will lead the dance in chain from house to house, where they pay a short visit to the families. The *Lazarki*-girls then perform dances and songs in the courtyard expressing good wishes for health, prosperity and fertility for all family members and livestock as well. A frequent theme in *Lazarki*-songs is beginning romance. Plans for future marriages are often announced on this day.
- The dance consists originally only of one basic step: the "step-dip" or "stamp-dip" - step described in Part 6 and Part 7. During the latter one the girls gently twist their shoulders to the right and back, accompanying themselves with a high-pitched yell *Lyu-lyu-lyu-lyu-lyu-lyu-lyu*. The first dancer, also called the *Vodačka* (leader), leads her chain into different patterns, curves and choreographies.
- SOURCE : This version of *Danec* was taught to Jaap Leegwater by Donco Donev in Russe, Bulgaria in the Spring of 1979.
- MUSIC : Cassette "BULGARIAN FOLK DANCES" - JL1987.01 by Jaap Leegwater
- METER : 2/4  also counted as 
- STYLE : Light and feminine. Small steps, straightening the knees (ct 1) and bending the knees ("dip") on ct &.
- FORMATION : One straight line or two straight lines facing each other. Hands held in V-position. See the diagrams on the last page for the choreography of this dance.
- INTRODUCTION : None.

DANEC

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1	facing ctr, moving sdwd R, step on R ft (ct 1), bend R knee (ct &), step on L ft in front of R ft (ct 2), bend L knee (ct &)	
2	step on R ft (ct 1), bend R knee (ct &), step on L ft behind R ft (ct 2), bend L knee (ct &)	
3-8	repeat action of meas 1-2 three more times Note: step on L ft next to R ft, with wt, on last ct.	

part 2

1	facing and moving in LOD, step on the ball of R ft (ct 1), bend R knee (ct &), step on the ball of L ft (ct 2), bend L knee (ct &)
3-4	repeat action of meas 1-2
5-8	facing and moving twd ctr, repeat ftwk of meas 1-4

Part 3

1	turning body face LOD and look across L shoulder, step on R ft sdwd leaving the ball of L ft on the floor pointed twd ctr (ct 1), step and close L ft next to R ft in the 3rd-position (ct &), repeat action of ct 1-& (ct 2-&)
2	repeat action of meas 1
3	turning body face RLOD, small step on R ft sdwd R (R shoulder is now twd ctr), step on L ft in place (ct &), turning body face RLOD, small step on R ft behind L ft in the 3rd-position (L shoulder is now twd ctr) (ct 2), step on L ft in place
4	facing and moving twd ctr, 4 small steps RLRL Note on the arms: Hands at waist (meas 1-2) Down at sides (meas 3-4)
5-16	repeat action of meas 1-4 three more times

Part 4

1	facing ctr, small step on R ft fwd (ct 1), stamp with L ft, without wt, next to R ft bending both knees (ct &), small step on L ft fwd (ct 2), stamp with R ft, without wt, next to L ft bending both knees (ct &)
2	4 steps on the ball of the ft RLRL, making a full turn CW in place Note on the arms: No hand hold, both hands high up, Sway hands to the R (meas 1, ct 1-&) Sway hands to the L (meas 1, ct 2-&) Hands at waist (meas 2)
3-8	repeat action of meas 1-2 three more times



# DANEC

## MEAS

## PATTERN

## Part 5

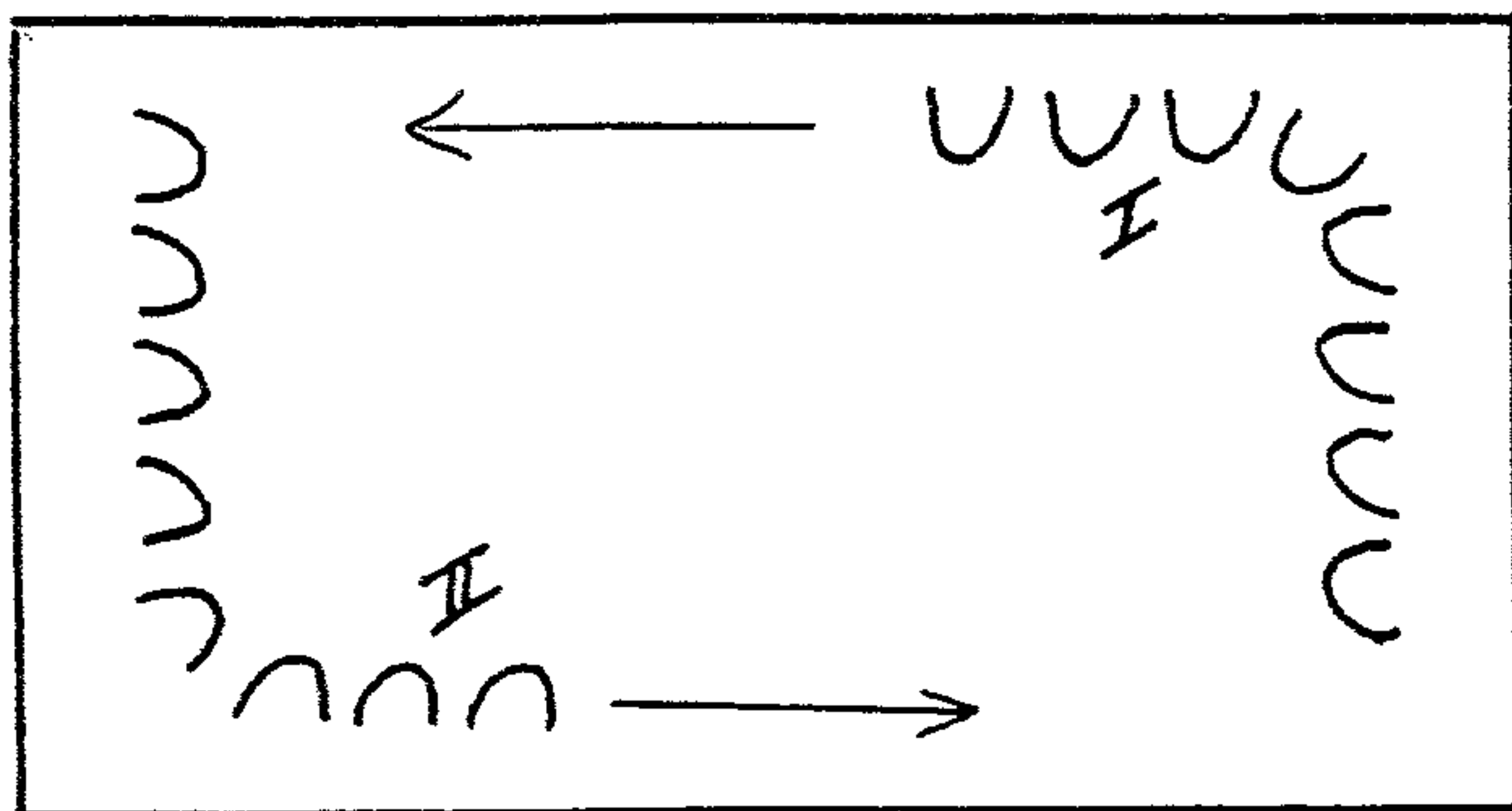
- 1 facing and moving sdwd R,  
low leap onto R ft (ct 1), step on L ft in front of R ft (ct &),  
low leap onto R ft (ct 2), step on L ft behind R ft (ct &)
- 2 repeat action of meas 1
- 3 facing ctr, dancing in place,  
step on R ft (ct 1),  
stamp L ft, without wt, next to L ft (ct &),  
step on L ft (ct 2),  
stamp R ft, without wt, next to L ft (ct &)
- 4 step on R ft (ct 1),  
stamp L ft, without wt, next to R ft (ct &),  
stamp L ft, without wt, next to R ft (ct 2), hold (ct &)
- 5-6 facing ctr, moving sdwd L, making two full CCW turns,  
hands at waist, 4 big steps L,R,L,R
- 7-8 repeat action of meas 3-4 with opp ftwk  
Note on the arms: The hands are in a individual W-position  
meas 1-2: Sway hands to the R (ct 1-&)  
Sway hands to the L (ct 2-&)  
meas 3-8: Hands at waist
- 9-18 repeat action of meas 1-8

## Part 6

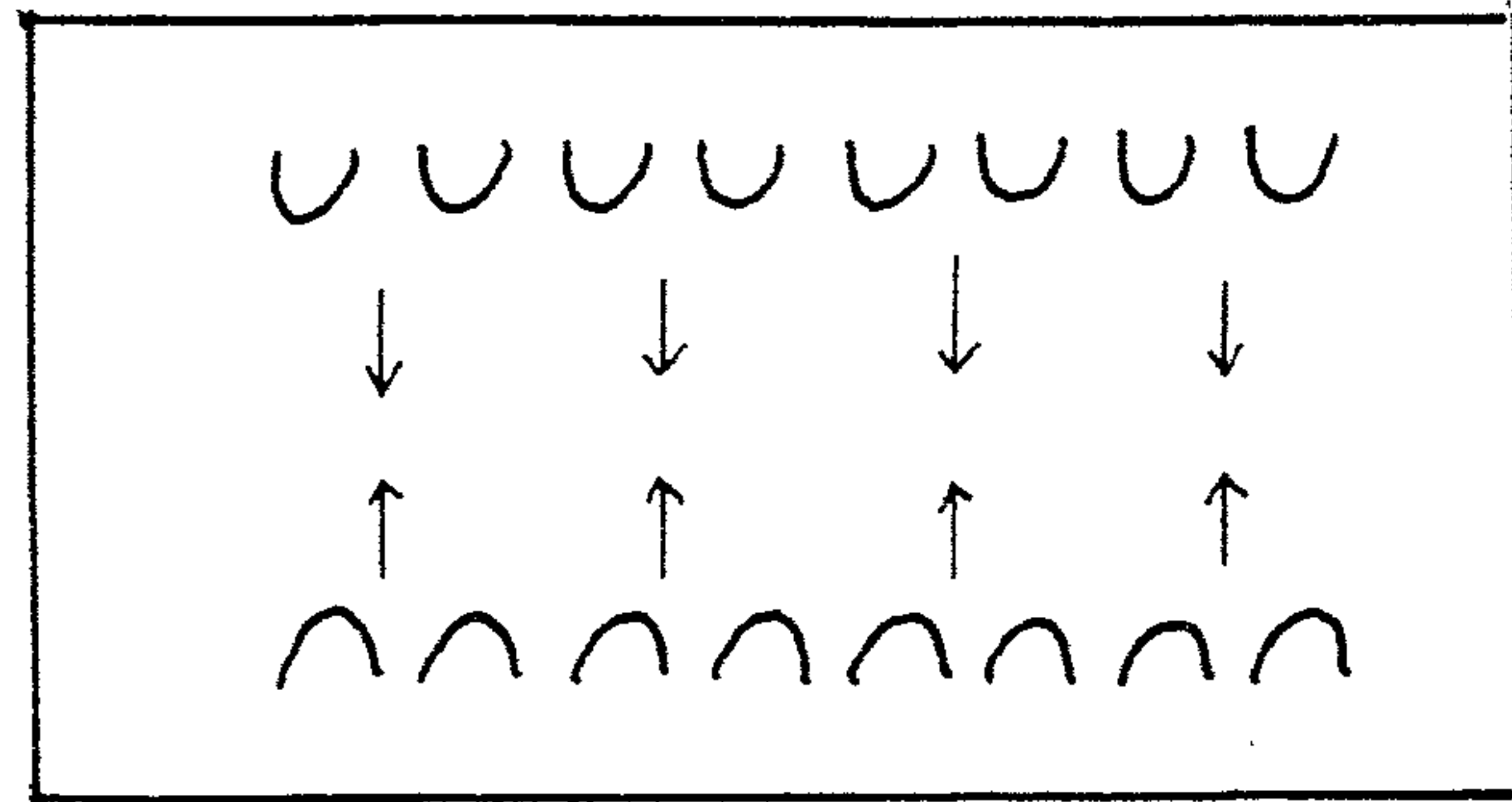
- 1 facing and moving in LOD, hands held in V-position,  
low and subtle leap onto R ft (ct 1), small step on L ft (ct &),  
repeat action of ct 1-& (ct 2-&)
- 2-16 repeat action of meas 1 fifteen more times

## Part 7 "Danec"

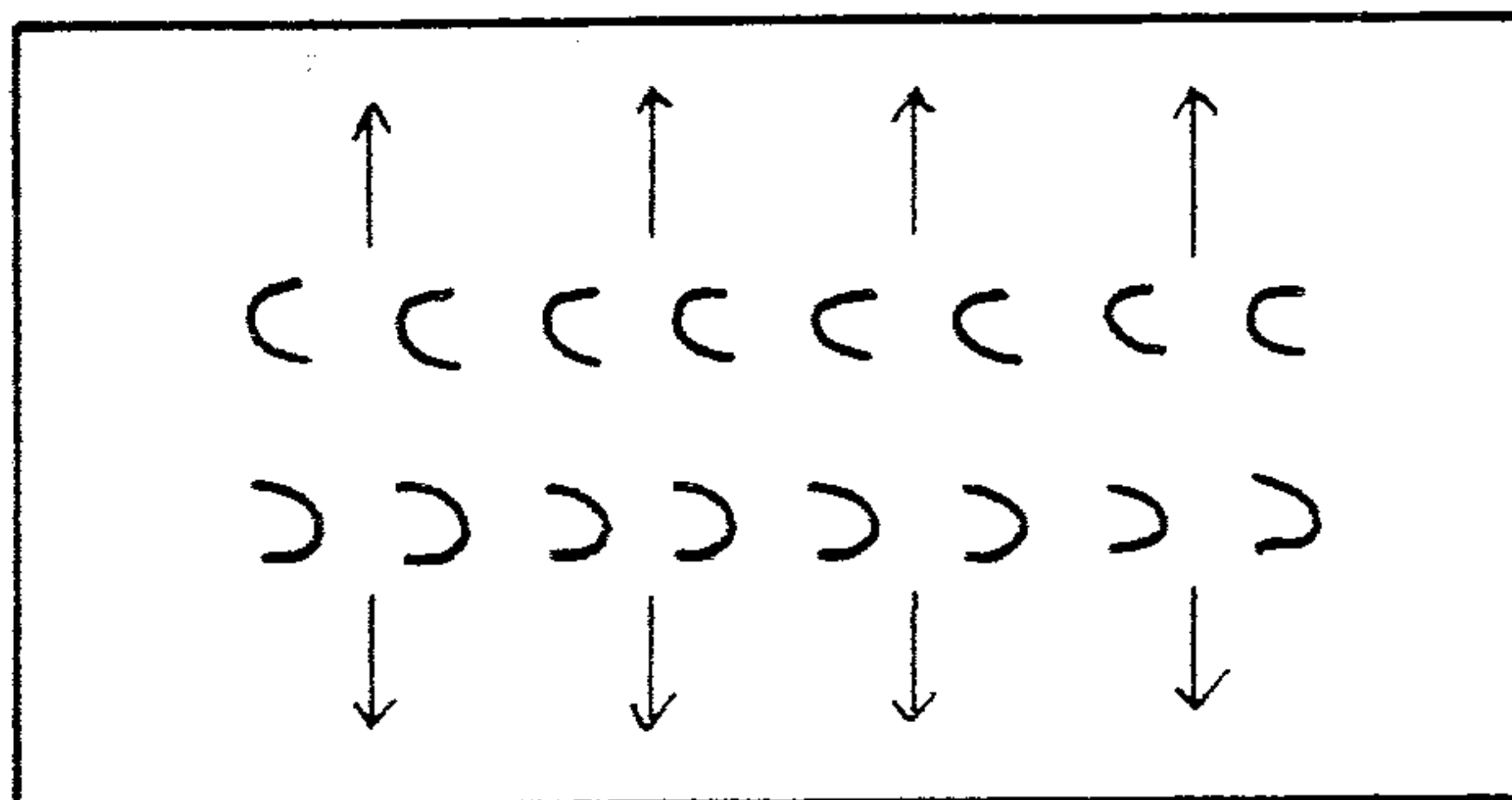
- 1 facing and moving in LOD, hands are held in kind of  
"Debka" position ("hooked palm hold"),  
strong step on R ft, straightening both knees, at the  
same time pull R shoulder slightly back (ct 1),  
small step on L ft, bending L knee, shoulders straight (ct &),  
repeat action of ct 1-& (ct 2-&)
- 2-8 repeat action of meas 1 seven more times
- 9-16 repeat action of meas 1-8 of Part 6  
finish the dance with three stamping steps RLR.



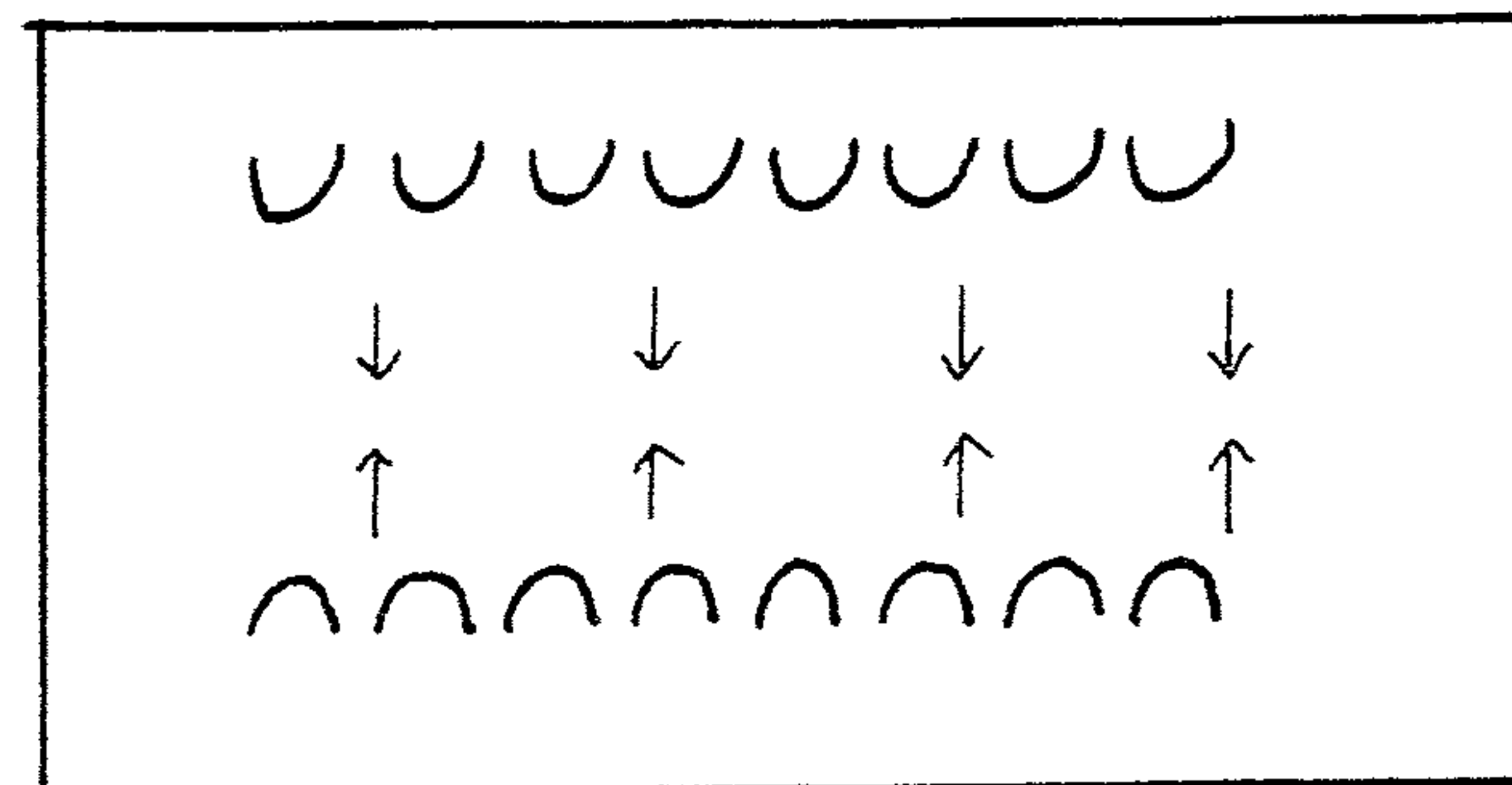
Part 1 - Part 2 (meas 1-4)



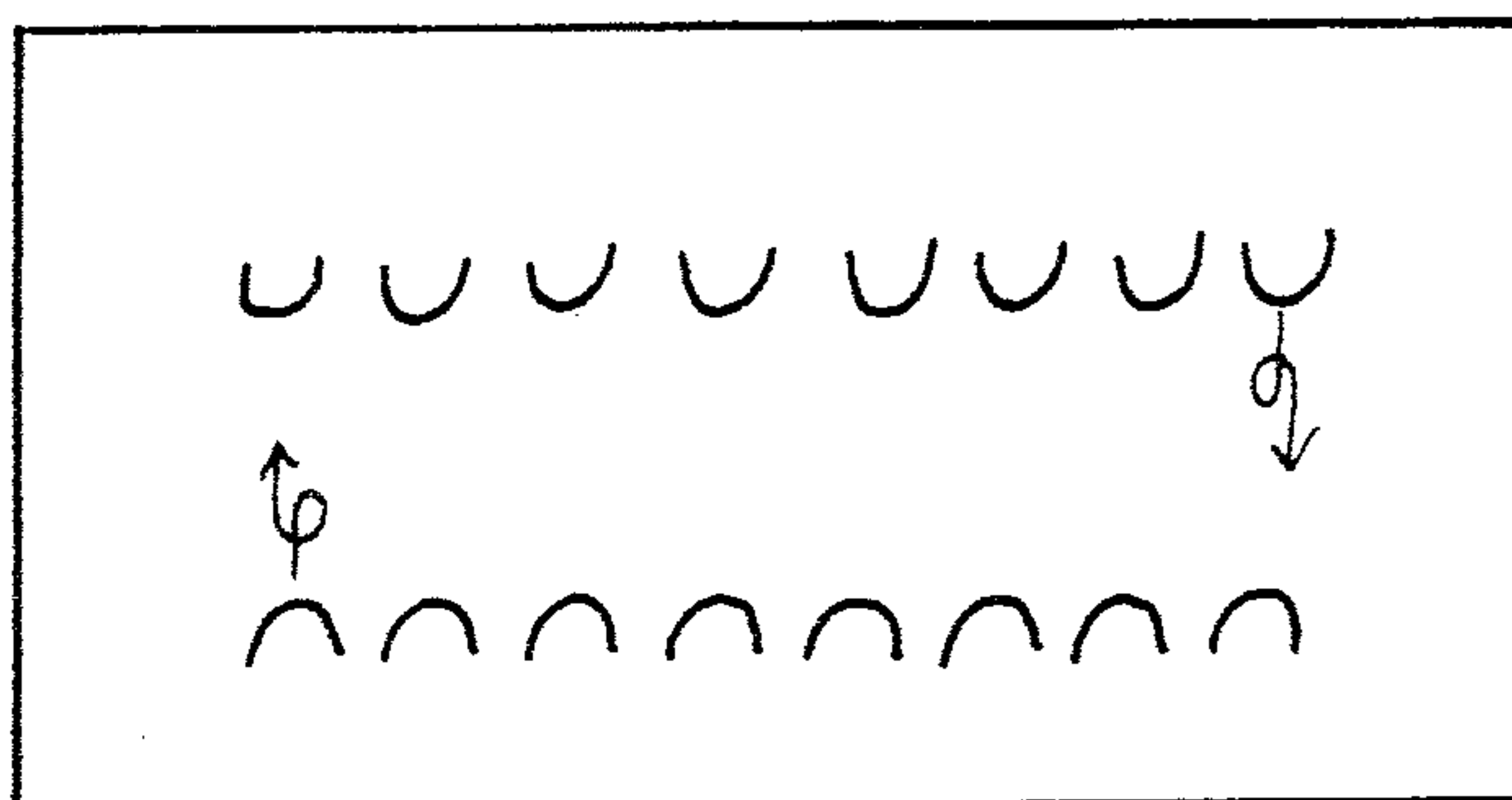
Part 2 (meas 5-8)



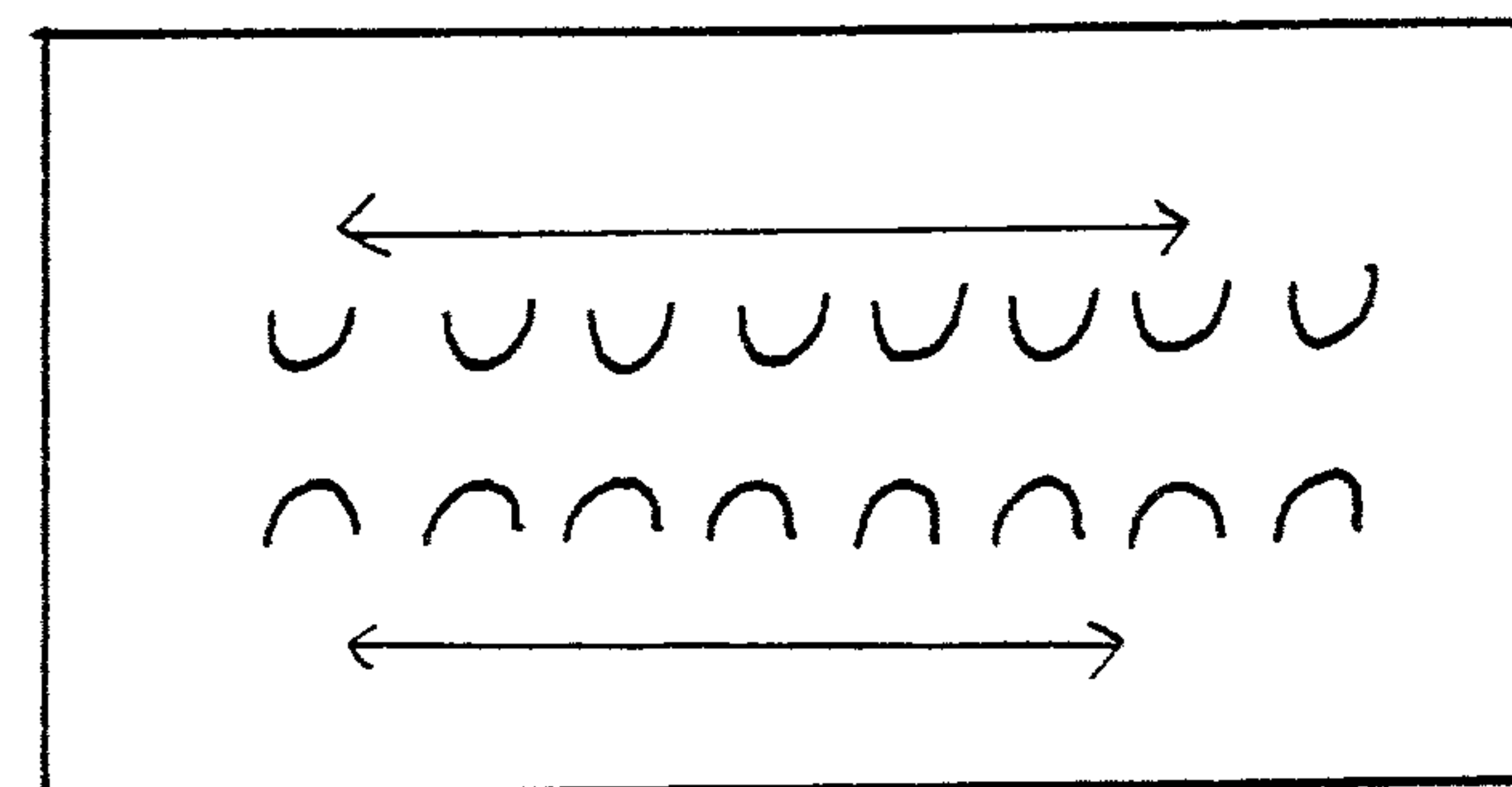
Part 3 (meas 1-3)



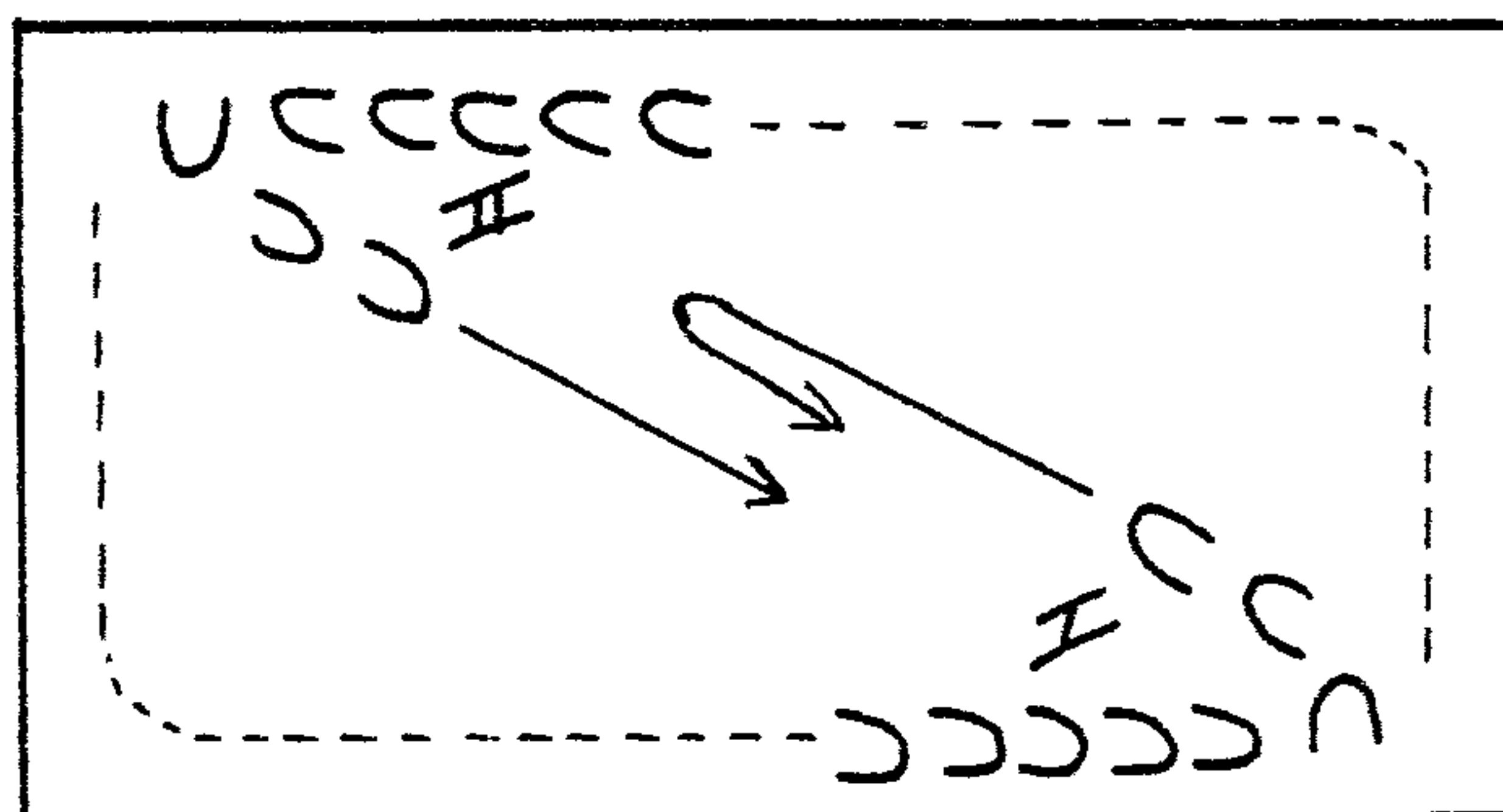
Part 3 (meas 4)



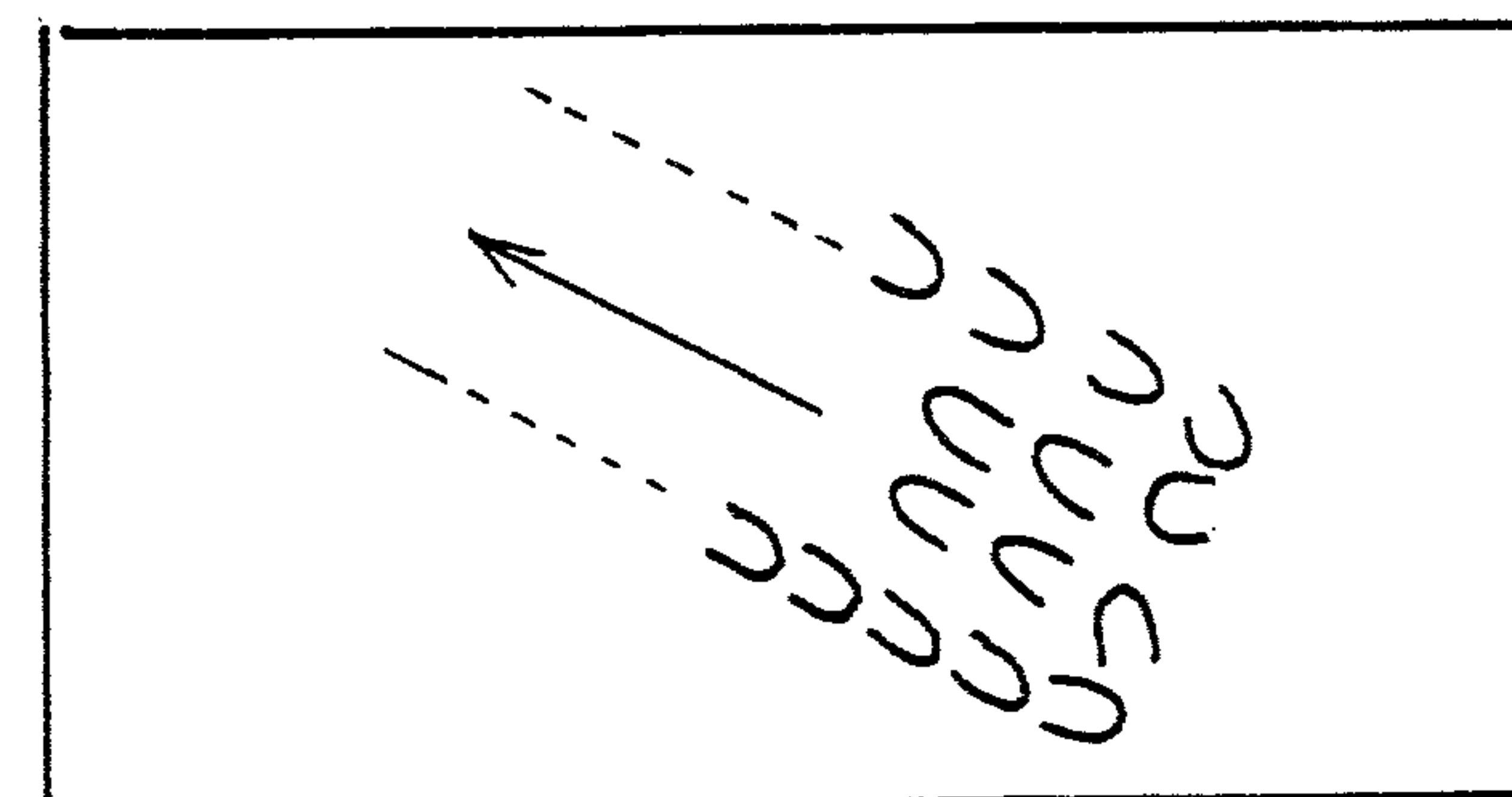
Part 4



Part 5



Part 6 - Part 7 (meas 1-8)



Part 7 (meas 9-16)