

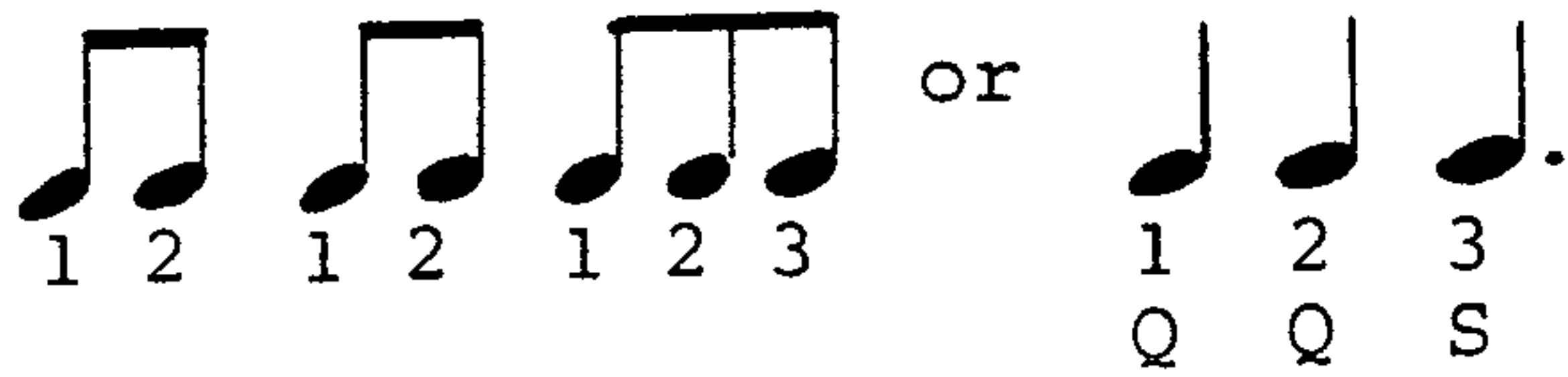
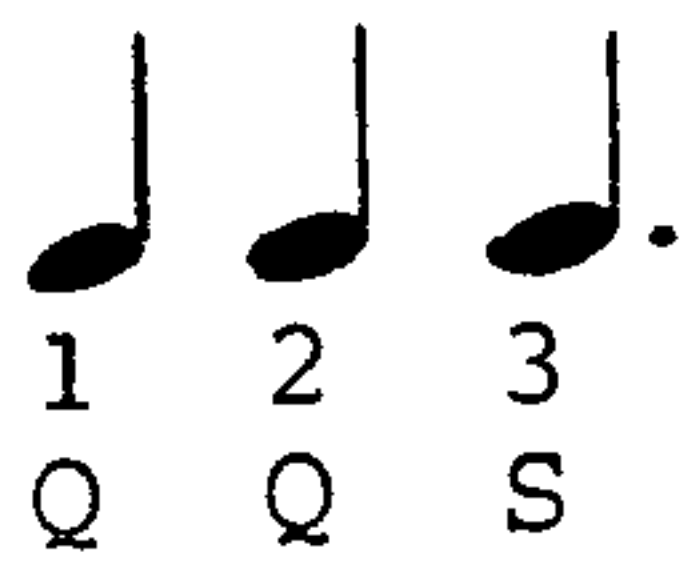
# DENINKA

TRANSLATION : Deninka is a girl's name. The accompanying melody is the original tune of the dance song: *Milo pile Radujle* (Radka my dear...)

This dance is from Bulgarian Macedonia, also called Pirin.

SOURCE : Taught at Jaap Leegwater's 2nd annual Summer Dance Seminar 1982 in Bulgaria by Nina Lukanova.

MUSIC : Cassette "BULGARIAN FOLK DANCES" - JL1987.01 by Jaap Leegwater

METER : 7/8  or 

STYLE : Light and feminine with high and bouncy steps. Gentle and gracefull arm and hand movements, holding a handkerchief in the R hand.

FORMATION : Circle facing LOD. L hand at waist, extending R hand fwd, elbow slightly bend.

INTRODUCTION : None

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1-2	facing and moving LOD, four walking steps fwd, R,L,R,L	
3	small step on R ft fwd (ct 1), small step on L ft fwd (ct 2), small step on R ft fwd, with slight knee bending (ct 3)	
4-5	four walking steps fwd L,R,L,R	
6	repeat action of meas 3 with opp ftwk	
7	repeat action of meas 3	
8	keep facing LOD, small leap onto L ft sdwd (ct 1), step and cross on R ft in front of L ft, bending both knees and moving R arm in front sdwd L (ct 2), step on L ft back in place, bending L knee, leaning slightly fwd (ct 3)	
9	straighten slowly L knee, lifting R knee in front with slightly bent knee, moving R arm slowly back to starting position	
10-18	repeat action of meas 1-9	

	<u>Part 2</u>
1	turning to face ctr, keep arms in starting position, bounce on L ft extending R ft fwd close to the floor (ct &), step on R ft in front of L ft with slightly bend knee (ct 1), stretch R knee (ct 2), bounce on R ft (ct 3), bounce on R ft (ct &)
2	repeat action of meas 1, with opp ftwk and direction

DENINKA (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 2 (continued)</u>
3	turning diagonally R and moving LOD, bounce on L ft, extending R ft sdwd R close to the floor, moving R arm via sdwd to the waist (ct 1), step on R ft sdwd R (ct 2), step and cross on L ft in front of R ft (ct 3)	
4	step on R ft fwd (ct 1), step on L ft fwd (ct 2), step on R ft fwd, bending R knee (ct 3)	
5	repeat action of meas 4, with opp ftwk	
6	small leap onto R ft sdwd, turning to face ctr (ct 1), step and cross on L ft in front of R ft, bending both knees (ct 2), step on R ft back in place (ct 3)	
7	bounce on R ft (ct 1), step on L ft sdwd L (ct 2), step and cross on R ft in front of L ft, bending R knee (ct 3)	
8	bounce on R ft (ct 1), step on L ft sdwd L (ct 2), step and cross on R ft behind L ft, bending R knee (ct 3)	
9	step on L ft in place, bending L knee and leaving R ft close to the floor (ct 1-2), stretch L knee, lifting R knee (ct 3)	
10-18	repeat action of meas 1-9, moving R arm back to starting position in a horizontal curve CCW, in front at waist level (meas 19)	

Part 3

- 1-9 make a half turn L (ct & before meas 1) and repeat ftwk and directions of meas 1-9 of Part 2, now facing out

Arm movements:

- 1-5 as described in meas 1-5 of Part 2
- 6 describe a vertical circle CW with R arm in front of the body, starting moving down and ending across in front of the chest
- 7 describe a vertical circle CCW with R arm
- 8 describe a vertical circle CW with R arm, ending sdwd in front
- 9 move arm to starting position (ct 1-2), move R arm towards the waist (ct 3)
- 10-18 make a half turn L (ct & before meas 10) and repeat action of meas 1-9, now facing ctr, bring R arm fwd again to starting position (ct of meas 10)

DENINKA (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 4</u>
1-2	couples turn to face each other on circle line, repeat action of meas 1-2 of Part 2	
3-5	repeat action of meas 3-5 of Part 2, now making a full turn CW around each other's R shoulder	
6-8	repeat action of meas 6-8 of Part 2, making smaller steps on meas 7-8 and ending in front of each other	
9	repeat action of meas 9 of Part 2	

Part 5

1-9	repeat action of meas 1-9 of Part 4, adding the arm movements as described in Part 3
10-18	repeat action of meas 1-9

D E N I N K A

1. <i>Milo pilè Radujlè</i> <i>Ajde da sè ljubimè</i>	1. Dear lovely Radka Let's fall in love
2. <i>Sladko da si dumamè</i> <i>v čičovata gradina</i>	2. Let's talk sweetly to each other In uncle's garden
3. <i>Pod čârvena kalina</i> <i>Nad zelena morava</i>	3. Under the red snow-drop-tree In the green meadows
4. <i>Milo pilè Radujlè</i> <i>Ajde da sè ljubimè</i>	4. Dear lovely Radka Lets fall in love

Description by Jaap Leegwater ©1987 Presented by Jaap Leegwater