

DOBRO LJO

Добро Лъо
(Trakia - Bulgaria)

A variation on the popular *Pravo Trakijsko Horo*. Learned from Leo Waudman.

Pronunciation: Doh-BROH Lee-oh

Music: Yves Moreau CD

Rhythm: 2/4

Formation: Mixed lines. Hands joined down in "V" pos or belt hold, L over R.
Face ctr, wt on L.

Style: Knees bent slightly. "earthy" style.

Meter 2/4

Pattern

1-16 Intro music. No action. Start with song.

1. Basic travel step (song)

- 1 Large step on R to R (1) step on L behind R (2)
- 2 Step on R to R (1) , send L leg fwd and out to L in a slightly circular motion (2)
- 3 Repeat pattern of meas 1 with opp dir & ftwork
- 4 Step on L to L (1) small hop onto L, drawing R ft in front of L leg (2)
- 5 Step on R fwd (1) step on L, closing behind R (2)
- 6 Step on R fwd (1) lift L leg up and extend it fwd (2)
- 7 Step onto ball of L diag fwd R (wt is still partly onto ball of R (1) stay on L ft and bend L knee sharply, R ft comes up behind L (2)
- 8 Facing ctr, step back on R (1) step back on L (2)
- 9 Step back on R with slight knee flexion (1) pause (2)
- 10 Step back on L with slight knee flexion (1) pause (2)
- 11-20 Repeat pattern of meas 1-10

2. Fwd and back with stamps (instrumental)

- 1-2 Four steps fwd R-L-R-L, twisting knees
- 3 Step down onto R, twisting to R, pumping L knee (1) step onto ball of L ft (&) step down onto R (2)
- 4 Step sharply down onto L, facing ctr, picking up R knee (1) low stamp with R, next to L, no wt (2)
- 5-6 Step away from ctr with 4 steps L-R-L-R
- 7-8 Repeat pattern of meas 3-4
- 9-16 Repeat pattern of meas 7-8

Presented by Yves Moreau

Description © Yves Moreau