

DOBRUDŽANSKA PANDELA

TRANSLATION : Dance from Dobrudža, North Eastren Bulgaria.
AND
BACKGROUND

MUSIC : Cassette "Bulgarian Folk Dances"
Jaap Leegwater JL 1982.12. Side B. Nr.17.

FORMATION : Open circle. Hands in W-position.

METER : 2/4

INTRODUCTION : 10 measures

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1	facing ctr and dance in place, step on the R ft, turning slightly diag R (ct 1), stamp with L ft next to R ft, bending both knees (ct &), step on L ft, turning slightly diag L (ct 2), stamp with R ft next to L ft, bending both knees (ct &)	
2	repeat action of meas 1 (ct 1-&), facing ctr, small jump on both feet slightly apart (ct 2)	
3	moving bkwd, four small walking steps R,L,R,L	
4	facing and moving RLOD, step on R ft (ct 1), stamp with L ft next to R ft (ct &), step on L ft (ct 2), stamp with R ft next to L ft (ct &)	
5	repeat action of meas 4	
6	repeat action of meas 1	
7	facing and moving diag R fwd, large step on R ft (ct 1), fall on L ft just behind R heel, raising R knee (ct &), repeat action of ct 1-& (ct 2-&)	
8	step on R ft (ct 1), stamp with L ft next to R ft, bending both knees (ct &), facing ctr, fall on L ft in place, holding R ft next to L calf	
5-16	repeat action of meas 1-8	

Part 2

1	facing ctr and moving sdwd R, small step on R ft (ct 1), small step on L ft next to R ft (ct &), repeat action of ct 1-& (ct 2-&)	
2	repeat action of meas 1 ct 1-& step on R ft (ct 2), bounce on R ft, lifting bottom half of L leg diag L fwd (ct &)	
3	step on L ft straight fwd (ct 1) slightly bent L knee (ct &), step on R ft bkwd (ct 2), slightly bent R knee (ct &)	
4	turning an moving slightly diag L sdwd, step on L ft (ct 1), stamp with R ft twice next to L ft, bending both knees (cts & and 2)	
5-16	repeat action of meas 1-4 three more times N.B. hands stay in W-position both move gentle and slightly down and up on every main ct	

(continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 3</u>
1	facing and moving LOD, two leap-steps starting with the R ft (RL, RL)	
2	turning face ctr and dancing in place, hop on L ft, raising R knee (ct 1) stamp with R heel, without wt, next to L ft (ct &), leap onto R ft, raising L knee (ct 2), stamp with L heel, without wt, next to R ft (ct &)	
3	facing and moving RLOD, one "two-step" starting with the L ft: step on L ft (ct 1), small step on R ft next to L heel (ct &), step on L ft (ct 2), bend L knee, moving R ft fwd (ct &)	
4	one "two-step" starting with the L ft (LRL)	
5	turning face LOD and moving diag L bkwd, one "two-step" starting with the L ft (LRL)	
6-10	repeat action of measure 1-5	

Presented by Jaap Leegwater at NW Balkan Music and Dance Festival, Seattle 1982
Description by Jaap Leegwater 1982