

The dance is from the Pirin mountains and is done in an open circle with hands held down. The dance consists of 1 figure with 4 measures.

Figure 1

Measure 1 (in a circle to the right)

1. Hop on the left foot in place
2. Step on the right foot in LOD
3. Step on the left foot in LOD
4. Hop on the left foot in LOD and then step on the right foot in LOD

Measure 2 (in a circle to the right)

1. Lift on the right and at the same time touch the left heel slightly ahead of the right foot.
2. Leap to the left foot while kicking the right foot across the left
3. Lift on the left foot in place while stepping on the right foot forward.
4. Lift on the right foot in place, then step on the left foot forward.

Measure 3

1. Hop on the left foot in place
2. Step on the right foot in LOD
3. Step on the left foot in LOD
4. Lift on the left foot in place and then step on the right foot in RLOD

Measure 4 - facing the center

1. Hop on the right foot in place
2. Step on the left foot to the left
3. Step on the right foot across the left
4. Lift on the right foot in place and then step on the left foot across the right while turning to face LOD (to the right side in a circle)

Pattern

Introduction - 8 measures

Repeat the figure until the end of the music