

## ELERINKA

**Rhythm** – 11/8 + 7/8 b – QQSQQ + SQQ

*Bulgaria (Pirin)*

Music: CD **IHB #12 - FIRE**, Track 15 From Pirin mnts.

ELERINKA is a female dance in a closed circle. The hands are held down at the beginning and the LOD is to the right side in the circle. The style of dancing is very soft with low movements and bounces with the knees.

**Figure 1** – 6 meas. ( Attention! 1 meas.=11/8 + 7/8 b )

Meas.1 – facing LOD - R side in the circle **Arms:** They are held down

11/8 -1. Vertical front circle with R ft fwd, while lifting on L ft

2. Step on R ft fwd – to LOD

3. Vertical front circle with L ft fwd, while lifting on R ft

4. Lift on R ft

5. Step on L ft fwd – to LOD

7/8b- 1. Step on R ft fwd – to LOD

2. Lift on R ft

3. Step on L ft fwd – to LOD

Meas.2 – same as Meas.1

Meas.3 – facing LOD

11/8 -1. Vertical front circle with R ft fwd, while lifting on L ft

2. Step on R ft fwd – to LOD

3. L ft is drawing circle from front to left, while turning to **facing center** and lift on R ft

4. Lift on R ft

5. Step on L ft behind R ft

7/8b- 1. Step on R ft across L ft **Arms:** Go up to W position

2. Lift on R ft

3. Step on L ft bkwd

Meas.4 – facing center

11/8- 1. Step on R ft bkwd-next to L ft

2. Step on L ft across R ft

3. Step on R ft in place

4. Lift on R ft

5. Step on L ft next to R ft

7/8b- 1. Step on R ft in place

2. Step on L ft in place

3. Step on R ft in place

Meas.5 – facing center

11/8- 1. Step on L ft bkwd, while slightly bending the body fwd

2. Step on R ft in place

3. Touch left toes fwd and hold in this position

4,5. Hold

7/8b- 1. Soft kick with L ft fwd -drawing a low horizontal circle from front to left and behind

2. Lift on R ft, L ft continues drawing the circle

3. Step on L ft behind R ft

Meas.6 – facing center

11/8- 1. Step on R ft to right side

2. Step on L ft behind R ft

3. Step on R ft in place, while softly kicking L ft to left side with straighten knee

4. Hop on R ft, while L ft is drawing horizontal circle from left to fwd and LOD

5. Step on L ft fwd to LOD

7/8b- 1. Step on R ft fwd to LOD –**facing LOD Arms:** Go down to V position

2. Lift on R ft

3. Step on L ft fwd to LOD

**Sequence:**

Introduction-7 meas. Repeat the figure to the end of the melody.

## ЕЛЕРИНКА

11/8 + 7/8 б – Пирин

Елеринке, малай моме,  
Елеринке моме,  
много е била хубава  
мома Елеринка,  
ала е имала, мори,  
много зла мащеха.

Никъде си не пускала  
мома Елеринка,  
ни на вода - със невести,  
ни на оро - с моми,  
сал на висок чардак седи  
и на гергеф везе.

Отде я слънце съгледа  
мома Елеринка,  
греяло три дни и нощи,  
грея - не заожда,  
кога се слънце завърна,  
на майка говори.

Да знаеш, мамо, да знаеш  
каква мома видях,  
дека стоеше - светеше  
мома Елеринка!  
Язе слънце съм на небо,  
тя слънце - на земя!

## ELERINKA

11/8 + 7/8 B – Pirin mnts.

Elerinke, malai mome,  
Elerinke mome,  
mnogo e bila hubava  
moma Elerinka,  
ala e imala, mori,  
mnogo zla mashteha.

Nikude si ne puskala  
moma Elerinka,  
ni na voda – sus nevesti,  
ni na oro – s momi,  
sal na visok chardak sedi  
i na gergef veze.

Otde ya sluntse sugleda  
moma Elerinka,  
greyalo tri dni i noshti,  
greya – ne zaozhda,  
koga se sluntse zavurna,  
na maika govori.

Da znaesh, mamо, da znaesh  
kakva moma vidyah,  
deka stoeshе - sveteshе  
moma Elerinka!  
Yaze sluntse sum na nebo,  
tya sluntse – na zemya!

Elerinka was a young, very beautiful girl, but she had an evil step-mother who never let her to go out of the house - not even with the young married women to get fresh water from the spring, not even with her young unmarried girlfriends to the dance. Elerinka could only sit on the high balcony of their house and work on her embroidery-frame. But when the sun caught sight of her, he shone for three days and three nights without setting. When the sun went back home, he told his mother about the beautiful Elerinka.that wherever she was, she lit everything up. He said, "I am the sun in the sky, but Elerinka is the sun on the Earth!"