

# Filek

(Thrace, Bulgaria)

Filek is a name of a group of spring children's line dances from the area of the town of Malko Târnovo in Strandža mountain, Thracian ethnographic region. It includes different games, based on a simple basic step, but with numerous figures forming "tunnels", open circles, serpentines, with clapping, etc. Each of them has its own name, associated with the way of dancing: Prepuskanica (Trotting), Vârtežka (Carousel), Pleskunica (Clapping), etc. The children choose how to combine them. These line dances took place between Lent and Easter, when the dances in closed circle were not done. Young people (children between 8 and 13 years) participated in them, celebrating the spring to come. Usually this was a reason for them to go outside to the countryside for the first time after the long winter and enjoy the nature. Source: Vâglarov, Stefan. *Bulgarian Folk Line Dances*. Sofia: Medicina I Fizkultura, 1976.

Pronunciation: FIH-lehk.

Cassette: Folk Dances from Bulgaria - NK 1994.02 / B1. 2/4 meter  
Any other Filek tune (with or without a song) with appropriate musical structure can be used too.

Formation: Line, hands held in V-pos.

Styling: Thracian: Bouncy steps on whole feet. Steps can turn into running, if performers want that.

Steps: FILEK STEP

- 1 Moving in LOD, bend L knee, lifting R knee (ct &); step on R ft fwd, straightening R knee (ct 1); step on L ft fwd, bending L knee (ct 2).  
The movement can be performed sdwd R or sdwd L (with opp ftwk).

## CLAP

- 1 Facing your partner, clap both hands in front of the chest, bouncing both knees.
- 2 Clap both hands on both thighs, bouncing both knees.
- 3 Clap both hands in front of the chest, bouncing both knees.
- 4 Clap both hands on your partner's hands, bouncing both knees.
- 5 Clap both hands in front of the chest, bouncing both knees.
- 6 Clap R hand on your partner's R hand, bouncing both knees.
- 7 Clap both hands in front of the chest, bouncing both knees.
- 8 Clap L hand on your partner's L hand, bouncing both knees.

## CLAP FAST

- 1 Facing your partner, clap both hands in front of the chest, straightening both knees (ct 1);  
clap both hands on both thighs, bending both knees (ct 2).
- 2 Clap both hands in front of the chest, straightening both knees (ct 1);  
clap both hands on your partner's hands, bending both knees (ct 2).
- 3 Clap both hands in front of the chest, straightening both knees (ct 1);  
clap R hand on your partner's R hand, bending both knees (ct 2).



## Filek—continued

- 4 Clap both hands in front of the chest, straightening both knees (ct 1);  
clap L hand on your partner's L hand, bending both knees (ct 2).

STAMP:

- 1 Facing your partner, join hands in V pos, bend at waist in bend-knee pos and keeping this posture, stamp on R ft in place (ct 1); stamp on L ft in place (ct 2).  
2-4 Repeat meas 1 three times.  
The movement is with opp ftwk for the partners who will continue FILEK STEP with L ft.

MeasPattern

NO INTRODUCTION. Even number lines form “tunnels” by couples, facing each other and holding hands above their heads.

FIGURE I:

- 1-48 The first couples bend at waist and with Filek step pass through their “tunnels”, taking the last spots. Other couples perform the same steps sdwd, so that the “tunnels” move fwd. When their turn comes, each couple follow the first.

FIGURE II:

- 1-32 Everybody join hands in V pos. with their side partners and perform Filek step, following leaders (the two from the first at that time couple in the “tunnel”), who turn (R side person to the R, L side one to the L) and describe separate circles going back to the same “tunnel”.

FIGURE III:

- 1-8 Everybody perform Clap with the original partner.  
8-12 Clap Fast.  
13-16 Repeat meas 8-12 of Figure 2.  
17-20 Stamp.

SUGGESTED SEQUENCE:

Figure I. Figure II. Figure III.

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Figure II. CLAP FAST four times.

Presented by Nina Kavardjikova  
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