

Yanche, belo Yanche from the villages around Yakoruda, Eastern Pirin region 7/8b SQQ Tape 5, No. 8

Led horo, men and women together in open circle. Hands in W hold or down, emphasize the movements of the feet.

Fig. I--"Basic" - 4 measures, to the right LOD and also facing center

Meas. 1: to the right

- Ct. 1 *Chukche* (lift left heel) in place
- Ct. + Step on right foot to the right in 2nd position
- Ct. 2 *Chukche* (lift right heel) in place, left foot with straight knee draws a low horizontal circle from left to right (start behind)
- Ct. 3 Step on left foot ahead of right foot.

Meas. 2: to the right

- Ct. 1 *Chukche* (lift left heel) in place
- Ct. + Step on right foot a little to the right
- Ct. 2 Step on left foot ahead of right foot
- Ct. 3 Step on right foot in place

Meas. 3: to the right

- Ct. 1 *Chukche* with right heel
- Ct. + Step on left foot behind right foot
- Ct. 2 Step on right foot to the right in second position
- Ct. 3 Step on left foot behind right foot

Meas. 4: in place

- Ct. 1 *Chukche* (lift heel) on left foot, body bends slightly forward
- Ct. + Step on right foot ahead, straighten up
- Ct. 2 *Chukche* on right foot
- Ct. 3 Step on left foot in place

ARMS: for Fig. I

I version: holding hands. in W for the whole time

II version:

Meas. 1: W hold

Meas. 2: hands go down

Meas. 3: hands stay down

Meas. 4: hands come up again to W

Fig. II--"Forward and back" facing center - 8 measures

Meas. 1: forward

- Ct. 1 *Chukche* (lift left heel) in place
- Ct. + Step on right foot forward
- Ct. 2 *Chukche* (lift right heel)
- Ct. 3 Step on left foot forward

Meas. 2: forward

- Ct. 1 *Chukche* (lift left heel) in place
- Ct. + Step on right foot forward
- Ct. 2 Step on left foot forward
- Ct. 3 Step on right foot forward

Meas. 3: forward

- Ct. 1 Bounce (flex) right knee, left leg with straight knee extends forward and ball of left foot brushes the ground
- Ct. 2 *Chukche* on right foot
- Ct. 3 Step on left foot forward

Presented by Iliana Bozhanova, Summer 1997

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Meas. 4: in place

Ct. 1 Step on right foot ahead of left foot

Ct. + Pause

Ct. 2 Step on left foot in place

Ct. 3 Step on right foot backwards

Note: this measure is done very delicately, with little bounces in the knees

Meas. 5&6: Like Meas. 1&2 but backing out of the center. beginning with the other leg

Meas. 7&8: Like Meas 2 - make one full circle turn to the right (360 degrees)

ARMS for Fig. II: stay up in W

Description: The dance is done to the right LOD and forward and back (in to middle and out)

Fig. I "Basic" 4 meas. x 6 to the song

Fig. II "Forward and back" 8 meas. x 2 to the musical break

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