
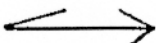



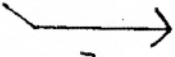
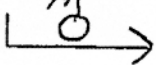
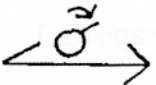

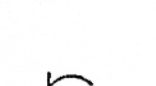
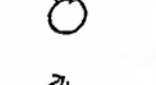
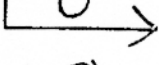
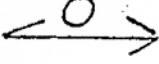




**ZASPALO E JOVE /
KAKO KOSTANINO**

Bulgaria

These are the names of two songs used for this typical jumpy Sop line dance.

- TRANSLATION : Kako Kostadine is the name of the accompanying song
AND to which the dance is originally performed.
ORIGIN Kostadin is a man's name.
The dance is from Western-Bulgaria, known as the ethnographical region of Sopluk.
- MUSIC : Cassette "FOLK DANCES FROM BULGARIA" - JL1996.01
Presented by Jaap Leegwater
- METER : 2/4 
- SOURCE : Kako Kostadine was introduced at the 5th Bulgarian Summer Dance Seminar, August 1991 in Bansko, Bulgaria by Velko Jovkov, dance instructor and Toško Todorov, accordionist.
- STYLE : Šopski:
- small and energetic steps
- the upper part of the body moves slightly fwd in coordination with leg and knee liftings
- keep shoulders relaxed so they can bounce naturally to the rhythm of the steps
- both music- and dance performance reflect the typical light and bouncy styling characteristic for the Graovo region, which is part of Sopluk.
- FORMATION : Open or half circle.
Hands joined in W-position.
- MUSICAL INTRODUCTION 16 measures

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>
	1	1	step on R ft
		2	step on L ft
	2	1	step on R ft
		&	step on L ft across behind R ft
	3	2	step on R ft
	4	1	step on L ft
		&	step on R ft
	2	2	step on L ft
	4	1	step on R ft, extending L leg (slightly turned out) sdwd L
	2		hop on R ft, bending L leg across behind R leg

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>
	5	1	step on L ft across behind R ft
		2	step on R ft
	6	1	step on L ft across behind R ft
		&	step on R ft
	7	2	step on L ft
		1	step on R ft
	8	2	step on L ft
		&	step on R ft
	9	1	step (leap) onto L ft across in front of R ft, bending body at waist
		2	step back on R ft in place, straightening body
	10	1	hop on R ft, swinging L leg sdwd L and bend across behind R leg
		2	step on L ft across behind R ft
	11	1	step on R ft
		&	step on L ft across behind R ft
	12	2	step on R ft
		1	step on L ft
	13	&	step on R ft
		2	step on L ft
	14	1	small leap onto R ft in front of L ft
		2	small leap onto L ft
	15	1	small leap onto R ft
		2	small leap onto L ft across behind R ft
	16	1	small leap onto L ft sdwd L
		&	step on R ft next to L ft, wt on both ft
		2	small leap onto L ft in place
			"Pas-des-Basque"
	16		repeat action of meas 15 with opp ftwk & directions

