

TRANSLATION : "Playful Helene"

MUSIC : Cassette "Bulgarian Folk Dances"
Jaap Leegwater JL 1982.12. Side B. Nr. 21.

BACKGROUND : Women's dance from Pirin, Bulgaria.

STYLE : Feminine, Macedonian.
Slightly bouncy by bending en straightening the knees while stepping.
Danced on balls of the feet.

FORMATION : Open circle. Hands in W-position.

METER : 9/8 : 1-2, 1-2, 1-2, 1-2-3. Counted here as:
1, 2, 3, 4 . (Q Q Q S)

INTRODUCTION : No introduction

MEAS PATTERN Part 1

- Facing ctr and dancing in place, raise L knee (ct & before ct 1)
- 1 strike L heel next to R toes on the floor (ct 1),
leap onto L ft, raising R heel slightly across L shin (ct 2),
facing and moving LOD, step on R ft (ct 3),
step on L ft (ct 4)
 - 2 a small leap-step starting with the R ft (ct 1),
step on R ft (ct 2), step on L ft (ct 3),
turning face ctr, lift on L ft, momentary raising R hip
before stepping on R ft in place (ct 4)

Part 2

- 1 do a kind of "Pas-de-Basque"-type of three-step bkwd:
leap onto L ft bkwd followed by a step on R ft in place
(ct 1), leap onto L ft bkwd (ct 2),
facing and moving LOD, step on R ft (ct 3),
step on L ft (ct 4)
- 2 repeat action of meas 2 of Part 1

Part 3

- 1-2 repeat ftwk as described in Part 1, but now with a full
L turn in place on meas 2 ct 1-3, bending and straightening
upper part of the body

"Ending"

- 1 repeat action of meas 1 of Part 1
- 2 close and step on R ft next to L ft, slightly bending
both knees (ct 1), hold (ct 2-3)

(continued)

SEQUENCE OF THE DANCE

Part 1 6x
 Part 2 4x
 Part 3 2x
 Part 1 4x
 Part 2 4x
 Part 3 2x
 "Ending"

Above sequence is based on the musical phrases of the original recording.

Presented by Jaap Leegwater at NW Balkan Music and Dance Festival, Seattle 1982
 Description by Jaap Leegwater 1982