

Presented by Jaap Leegwater

KAVRAK ELENO
Bulgaria

BACKGROUND: Women's dance from Pirin, Bulgaria

TRANSLATION: Playful Helene

MUSIC: Cassette: Bulgarian Folk Dances, Jaap Leegwater;
JL1984.02.

FORMATION: A line joined with hands in "W" pos.

STYLE: Feminine, Macedonian. Slightly bouncy by bending and straightening the knees when stepping. Danced on balls of ft.

RHYTHM: 9/8 meter counted here as: $\frac{1-2}{1}$ $\frac{1-2}{2}$ $\frac{1-2}{3}$ $\frac{1-2-3}{4}$ (Q,Q,Q,S)

METER: 9/8

PATTERN

Meas.

No Introduction

PART I:

- 1 Facing ctr and dancing in place, raise L knee (ct &); strike L heel next to R toe (ct 1); leap on L, raise R heel slightly across L shin (ct 2); facing and moving LOD, step R,L (ct 3-4).
- 2 Small leap-step R fwd (ct 1); step R,L fwd (cts 2-3); turning to face ctr, lift on L, momentary raise R hip (ct &); step R in place (ct 4).

PART II:

- 1 Do a kind of Pas de basque (PDB) type of 3 steps bkwd: leap L bkwd (ct 1); step R in place (ct &); leap L bkwd (ct 2); facing and moving LOD, step R,L fwd (cts 3-4).
- 2 Repeat meas 2, Part I (leap-step R; RL; lift L; R).

PART III:

- 1-2 Repeat Part I, except turn L once in place on meas 2, ct 1-3, bend and straighten upper part of body.

ENDING:

- 1 Repeat meas 1, Part I.
- 2 Step R next to L, slightly bend both knees (ct 1); hold (cts 2-3).

Cont

Presented by Jane Leewater

DANCE SEQUENCE

Part	I	6x
"	II	4x
"	III	2x
"	I	4x
"	II	4x
"	III	2x
	"Ending"	

REARVIEW MIRROR

Butleria

BACKGROUND: Woman's dance from Pinar, Polaris

ens l'ell l'ulvial

"III 2x
"Ending"

The above sequence is based on the musical phrases of the original recording.

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RHYTHM:

$\frac{S-1}{1}$ $\frac{S-1}{2}$ $\frac{S-1}{3}$ $\frac{S-1}{4}$

(S.S.O.O.)

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王 瑞 珍

Small jump-step R fwd (of 1; step R, L fwd (cta 2-3); turning to face left; lift on L; momentarily raise R hip (of 4); step R in place (cta 2).

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Report mass 2, Part 1 (loop-step R; R1; left L; R).

Facing and moving LOD, step R, 1, two (sta 3-4).

I bowed (or L; step R in place (or &); loop L bowed (or S);

Do a kind of Pan de Azúcar (PDB) type of 3 steps bowd; loop

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1-2 Repeat Part 1, except turn 1 once in place on mass 2, at 1-3.
band and straighten upper part of body.

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Step 8 next to 1, slightly bend both fingers (or 1) hold (etc 2-3).

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