

KOSTENSKO PAJDUŠKO

Record: Folklore Dances of Bulgaria

Source: Dennis Boxell as learned from the Bulgarian group in London in 1961.

Formation: Separate lines all holding belts.

Notes: This Bulgarian dance from the town of Kosten in Northern Bulgaria. It is rather light in nature. The meter is  $5/16$  divided 2 plus  $3/16$  or QS. It has a bit of a limping feeling. Accent the slow part of each measure.

Meas. 1- to front, flex on L (Q), step a short step to front on R (or lift step)  
2-4, repeat alternating or lift, step four times.  
5- place R foot a little in front of L with part weight (Q), wt. back on L (S).  
6- low leap to R a little (Q), and close with L & R.  
7- repeat 6 to back.  
8- repeat 5.  
9- lift on L and step R to R.  
10-11, repeat 8 and 9.  
12 repeat 5.  
13-16 repeat 1-4 to starting place.

CW/re