

LAMBA LAMBA
(Bulgaria)


SOURCE: This dance is from Pazardžik, Bulgaria (Western Thrace). It belongs to the Gankino/Kopanica family common throughout Western Bulgaria. Other similar dances include: Plovdiska Kopanica, Glavaniško Horo, Ludo Kopano, Drivo Horo, Kriva Panagjursko, Kokiče, etc. This region of Western Thrace is especially known for its mixed rhythms such as 11/16 (Gankino), 15/16 (Bučimiš), 25/16 (Sedi Donka), etc. I first learned this dance from Prof. Stefan Váglarov. I have also heard "Lamba Lamba" mentioned by dance scholars, including Richard Crum and Prof. Djudjeff. To my knowledge, this dance is currently in the repertoire of amateur ensembles in Bulgaria.

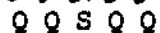
TRANSLATION:

PRONUNCIATION: LAHM-bah LAHM-bah

MUSIC: Any good, fast Kopanica is suitable. A good recording is on Horo #328 and Xoro LP 4, B/2, or Balkan Beauties tape.

FORMATION: Dance should be done mainly in place - do not move very far to the L. Short, segregated lines with Belt hold ("Na lesa"). Face fwd, R ft free. It is typical for W leaders to twirl a knotted kerchief all the time. M leader's R hand can be on belt or raised up and out.

METER: 11/16


RHYTHM: Q Q S Q Q


DANCER'S CTS.: 1 2 3 4 5

NOTE: This dance is typically preceded by a three-meas Gankino type dance. (See 1975 Univ. of Pac. syllabus for Gankino notes by Richard Crum.)

PATTERN

Meas

- Introduction: 3 meas (same step as Gankino)
- 1 Step R to side (ct 1); step L behind R (ct 2); step R to side (ct 3); hop R (ct 4); step L across R (ct 5)
 - 2 Step R to side (ct 1); step L behind R (ct 2); step R to side (ct 3); bring L beside R and bounce twice (cts 4,5)
 - 3 Reverse ftwk and dir of meas 2.
- "Twizzle variation"
- 1 Same as meas 1 of intro
 - 2 Step R fwd (facing R)(ct 1); step L fwd (ct 2); turning to face front, step R with slight twisting motion - stopping fwd momentum (ct 3); step L sidewd to L (ct 4); step R behind L (ct 5)
 - 3 Same as meas 3 of intro.

LAMBA LAMBA (cont'd.)

TRANSITION

- 1 Facing diag R of ctr & moving in LOD, step fwd on R (ct 1); close L to R (ct 2); step to R on R (ct 3); hop on R (ct 4); step on L slightly in front of R (ct 5)
- 2 Step on R in LOD (ct 1); close L to R (ct 2); strike R heel to floor on R diag, R knee straight, L knee flexed (ct 3); leap on to R ft in place (ct 4); strike L heel to floor, ctr fwd (ct 5)

VARIATION I

- 1 Facing ctr, moving L, step on L ft to L (ct 1) } Basic
Step on R behind L (ct 2); step on L to L (ct 3) } Motif
Close R to L with a small click near the floor (ct 4); hold (ct 5)
- 2 Hold (ct 1 & 2); turning to L diag, small jump onto both ft, bending knees (ct 3); hop on R, turning to face ctr, kick L leg, (knee bent) across in front of R leg and beg a CCW arc (ct 4); continuing with a circular movement CCW of the L ft, while the R ft begins to lift slightly (ct 5)
Note: Meas 2, Cts 3,4,5 - Cadence
- 3 "Cukce" (lifting & dropping the heel) on R ft (ct 1); step on L ft behind R (ct 2); strike R heel in front of L ft (ct 3); leap onto R ft in place (ct 4); strike L heel in front of R ft (ct 5)
Note: Meas 3, Cts 1-5 - Cadence

VARIATION II

- 1 Facing ctr, step on L ft to L (ct 1); step on R behind L (ct 2); step on L to L (ct 3); turning slightly to R diag, Cukce on L - R is lifted behind; (ct 4); touch R toe behind L ft (ct 5)
- 2 Rpt action of meas 1, ct 4 (ct 1); rpt action of meas 2, ct 5 (ct 2); Cadence (cts 3-5) (See Variation I)
- 3 Cadence (cts 1-5) (See Variation I)

VARIATION III

- 1 Facing ctr, moving L, step on L ft to L (ct 1); step on R behind L (ct 2); step on L to L, lifting R slightly to R diag, toe turned slightly inward, both knees bent (ct 3); lifting on L ft, close R to L with slight clicking motion close to floor (ct 4); lower L ft in place, R cont. in a CCW circle in air in front of L leg (ct 5)
- 2 Rpt action of meas 1, ct 4 (ct 1); rpt action of meas 1, ct 5 (ct 2); Cadence (cts 3-5) (See Variation I)
- 3 Cadence (cts 1-5) (See Variation I)

VARIATION IV

- (W's variation) M can also do this, but would be more vigorous
- 1 Facing ctr, moving L, step on L ft to L (ct 1); step R behind L (ct 2); step on L to L, lifting R slightly off the floor (ct 3); step on R in front of L, L lifts to ball of ft (beg Cukce)(ct 4); lower L heel (ct 5)
- 2 Step on R ft to R side, lifting L onto ball of ft (ct 1); lower L heel (ct 2) Cadence (cts 3-5)(See Variation I)
- 3 Cadence (cts 1-5)(See Variation I)

LAMBA LAMBA (cont'd.)VARIATION V ("Lamba Lamba")

- 1 Facing ctr, moving L, step on L to L (ct 1); step on R behind L (ct 2); turning slightly L, step on L, meanwhile brush R leg, straight knee, through to L diag (ct 3); Cukce on L (ct 4); brush R ft back through to R back diag with bent knee, R ft continuing around in back of L leg (ct 5)
- 2 Cukce on L (ct 1); R toe touches behind L ft, body turning slightly to R diag (ct 2); Cadence (cts 3-5)(See Variation I)
- 3 Cadence (cts 1-5)(See Variation I).

NOTE: When danced in context, ea variation is performed as many times as the leader chooses.

Notes by Janet Reineck and Stephen Kotansky.
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