









LJAVOTO

Bulgaria (Dance to the left.)

MUSIC : Cassette "FOLK DANCES FROM BULGARIA" - JL1992.02
Side A, Band 3.

STYLE : Severnjaški or North Bulgaria:
- jumpy and bouncy
- good and energetic knee liftings
- the shoulders are relaxed and bounce naturally to the rhythm of the steps

FORMATION : Open or half circle.
Hands held at belt hold position.

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>
	1	1	step on L ft
		2	hop on L ft, lifting R knee in front
	2	1	step on R ft
		2	hop on R ft, lifting L knee in front
	3	1	step on L ft
		2	hop on L ft, swing R ft in an arc around
		4	1 step on R ft behind across L ft
		2	hop on R ft
	5	1	step on L ft
		2	step on R ft behind L ft
	6		repeat action of meas 5
	7	1	step on L ft
		2	leap onto R ft
	8	1	hop on R ft, swinging L leg from sdwd L to fwd
		2	step on L ft in front across R ft
	9	1	step on R ft
		2	step on L ft
	10	1	step on R ft
		2	hop on R ft, kicking R leg in front
		11	1 step on L ft
		2	step on R ft behind L ft
	12	1	step on L ft
		2	hop on L ft, kicking R leg in front
	13-14		repeat action of meas 11-12 with opp ftwk and directions

Note: As is characteristic for many authentic Bulgarian folk dances, in Ljivot too, there is no synchronization between the phrases of the dance pattern and the musical accompaniment.

In this case the dance consists of 14 measures done to a musical accompaniment of (8 + 8) 16 measures.