

MÂŽKI BUENEK

МЪЖКИ буенек
(Bulgaria)

Traditional men's dance from the region of Elhovo in Eastern Thrace. It was usually danced in winter or early springtime. Women also do similar "buenek" dances for the St. Lazarus Day ritual.

Pronunciation: MUSH-skee Boo-eh-neck
Music: Yves Moreau CD
Rhythm: 2/4
Formation: Mixed lines, belt hold, L over R or hands joined down at sides. Wt on L (bent knee). Face R of ctr (LOD)
Style: Earthy heavy steps, slight knee bend.

Meter: 2/4

Pattern

1-16 Introduction . No action.

1. Basic "buenek" travel

1 Step on R, straightening L knee (1) step onto L with slight knee bend (2)
2-16 Repeat pattern of meas. 1

2. Strong step to center

1 Face ctr, strong stamping-like step to R and slightly fwd (1) bring L ft along side of R calf (2)
2 Repeat pattern of meas 1, with opp ftwrk (still moving fwd)
3-8 Repeat pattern of meas 1-2, three more times
9 Step bkwd and slightly R onto R ft (legs apart, in half-sitting pos) (1) light bounce onto R ft (2)
10 Repeat pattern of meas 9 with opp ftwrk, still moving bkwd
11-16 Repeat pattern of meas 9-10, three more times

3. Travel step with stamp and click

1 Facing ctr, sharp stamping-like step onto R to R (1) small hop onto R (2)
2 Small crossing step onto L in front of R (1) small hop onto L, picking up R ft in back (2)
3 Two small steps bkwd, R-L
4 Click R ft sharply to L (1) pause (2)
5-16 Repeat pattern of meas 1-4, three more times

Dance repeats from beginning

Presented by Yves Moreau