

PADNA MÄGLA

Падна мъгла
(Bulgaria - Sopluk)

WCFE
W5 DANCE

Traditional steps from the *Lazarki*, springtime custom for unmarried girls. Set to modern music arranged by Dimitar Penev. Arrangement by Yves Moreau.

Pronunciation: PAHD-nah Muh-GLAH
Music: Yves Moreau CD
Rhythm: 9/8 + 13/8 with pauses
Formation: Lines, hands joined down at sides. Face ctr wt on L.
Style: Light, happy steps.

Meter	Pattern
	No introduction, start with music (piano)
	1. Fwd and back (9/8)
1	Step fwd with light lift onto R (1) pause (2) step fwd L (3) step fwd R (4)
2	Step fwd with light lift onto L (1) pause (2) step fwd R (3) step fwd L (4)
3	Step sdwd R with R (1) pause (2) bounce twice on both feet tog (3,4)
4	Same as in meas 3 with opp ftwrk and direction
5-8	Repeat pattern of meas 1-4
	2. Travelling in LOD (11/8 + 14/8)
1	Facing and travelling in LOD, do 4 light walking steps R-L-R-L (1-4) light hop onto L, R ft crossed in front in a hook fashion (5)
2	Repeat pattern of meas 1
3	Two walking steps in LOD, R-L (1,2) facing ctr, step on R to R (3) step on L behind R (4) bounce twice onto both feet (5,6) + pause: 1 meas of 9/8 on piano
4-6	Repeat pattern of meas 1-3
7-9	Individually, dancers describe circular path out to L, around and back to place in 3 meas. of 9/8 (R-L-R, L-R-L, R-L-R)
10	Slow bow fwd of upper body and rejoin hands to repeat dance from beginning.

Repeat dance from beginning

Presented by Yves Moreau