

PRAVO TRAKIJSKO -- Thrace

Beg.

Право Тракийско

(Line dance, no partners)

BULES

Translation: Straight or Forward-moving dance from Thrace.Record: Folkraft LP-26, side A band 4 (2:22)--orchestra.Starting Position: Belt hold. Right foot free.

Music 6/8

Measure

VARIATION I -- Introduction

- 1 [d. d.] Facing slightly and moving right, STEP-CLOSE (right) forward (counts 1-2).
- 2 [d. d.] Step forward on right foot (count 1), flex right knee (count 2).
- 3 [d. d.] Step forward on left foot (count 1), flex left knee (count 2).

Note: Steps are small.

VARIATION IIa -- Basic (forward & back)

- 1-6 As I above except facing center and moving directly forward (measures 1-3) then backward (measures 4-6).

VARIATION IIb -- Basic (circular)

- 1 [d. d.] Facing center, STEP-CLOSE (right) diagonally forward left (counts 1-2).
- 2 [d. d.] Step on right foot diagonally forward left (count 1), flex right knee (count 2).
- 3 [d.] Cross and step on left foot in front of right (count 1), pause (count 2).
- 4 [d. d.] STEP-CLOSE (right) diagonally backward right (counts 1-2).
- 5 [d. d.] Step backward on right foot (count 1), flex right knee (count 2).
- 6 [d. d.] Step sideward left on left foot (count 1), flex left knee (count 2).

Note: In this variation, from the village of Padarevo, the forward and back movement is sort of circular (clockwise).

VARIATION IIc -- Basic with chugs

- 3 [d.] As IIa above except:
Step forward on left foot, turning toe and body to face slightly right (count 1),
CHUG forward on left foot (count 2).

Note: A chug may be added similarly on measures 2, 5 or 6 as desired.

VARIATION III -- Fast

As II above except with TWO-STEPS or STEP-HOPS (measures 3-4 and 5-6). This is usually done when the tempo increases. Note: In 6/8 the step rhythms are: flex (d. d.), two-step (d. d. d.), step-close (d. d.), step-hop (d. d.).

Cont

GLOSSARY

BOUNCE-BOUNCE (♩): With weight on balls of both feet and heels raised very slightly, lower heels twice (counts 1-and).

BRUSH: Move foot, touching floor briefly as though sweeping or brushing with a broom.

CHUG: Slide foot very slightly and suddenly, with heel raised very slightly then lowered at the end.

CLOSE: Bring one foot beside the other.

FLEX KNEE (♩): Bend knee slightly (count 1) then straighten it (count and).

HOP: Spring off the floor on one foot and land on the same foot, no transfer of weight.

HOP-STEP (RIGHT) (♩): With weight on right foot, hop on right foot (count 1), step on left foot (count 2). Repeat, reversing footwork, for Hop-Step (Left).

HOP-STEP-STEP (RIGHT) (♩): With weight on right foot, hop on right foot (count 1), step on left foot (count and), step on right foot (count 2). Repeat, reversing footwork, for Hop-Step-Step (Left).

JUMP: Spring off the floor and land on both feet.

LEAP or RUNNING STEP: Spring off the floor on one foot and land on the other, both feet off the floor at height of action (which distinguishes a leap from a simple walking step). There is a slight knee bend at beginning and end of action. A series of leaps (running steps) is a run.

LIFT: Hop, but not quite because ball of foot does not quite leave the floor.

PLEVEN TWO-STEP (RIGHT) FORWARD (♩): Step forward on right foot (count 1), step slightly forward on left foot so toes are about behind right heel (count and), step forward firmly on right foot, bending knee slightly (count 2). Repeat, reversing footwork, for Pleven Two-Step (Left).

PUMP HEEL (♩): Bend and raise knee slightly (count "ah" before count 1), straighten knee sharply, pushing or kicking heel down toward floor as though pumping a car brake (counts 1-and).

ROCK: Step, but with implication of reversing direction and returning to place on the next step (or rock).

RUNNING STEP (see Leap).

RUNNING TWO-STEP (see Two-Step).

SCISSORS STEP (RIGHT) (♩): A slight leap onto right foot in place, displacing left foot and moving it quickly forward with knee straight (count 1). Repeat, reversing footwork, for Scissors Step (Left).

SKIP or SKIPPING STEP (RIGHT) (♩ or ♪): A hop-step in an uneven rhythm: Hop on left foot (count "ah" before count 1), step on right foot (counts 1-and). Repeat, reversing footwork, for Skip or Skipping Step (Left).

SKIPPING REEL STEP (RIGHT) (♩): A hop-step in an uneven rhythm: Hop on left foot (count "ah" before count 1), cross and step on right foot in back of left (counts 1-and). Repeat, reversing footwork, for Skipping Reel Step (Left).

SLAP FOOT: Stamp foot forward, knee straight, without taking weight.

SLIDE: Move foot along floor, keeping contact with floor.

SQUAT: Bend knees deeply so as almost to sit on heels.

SQUAT-KICK (RIGHT) (♩): Jump and squat down on both feet, bending knees deeply (count 1), rise and hop on right foot, kicking left foot forward (count 2). Repeat, reversing footwork, for Squat-Kick Left.

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Glossary, continued from page 2.

STAMP: Step with emphasis, heavily.

STEP: A transfer of weight from one foot to the other.

STEP-CLOSE (RIGHT) (♩): Step on right foot (count 1), close and step on left foot beside right (count 2). Repeat, reversing footwork, for Step-Close (Left).

STEP-HOP (RIGHT) (♩): Step on right foot (count 1), hop on right foot (count 2). Repeat, reversing footwork, for Step-Hop (Left).

TAP: Touch lightly, without taking weight, and immediately raise.

TOUCH: Place foot without taking weight.

TWO-STEP (RIGHT) (♩): Step on right foot (count 1), close and step on left foot beside right (count and), step on right foot (count 2). Repeat, reversing footwork, for Two-Step (Left).

Running Two-Step: same except a slight leap on count 1, or on all counts.

PRONUNCIATION

Bulgarian is written in a Cyrillic alphabet similar to Russian. In these dance descriptions (a) titles, and some descriptive words in the text, have been transliterated according to the international standard table for transliterating Slavic alphabets, (b) the stressed syllable has been underlined to aid pronunciation. Except for the "u" sound, all letters are like the Serbian Latin alphabet with which many folk dancers may be familiar already.