

PROLETNI BUENEK

Пролетни буенек
(Trakia-Bulgaria)

Variations on a popular singing dance done by women at Springtime in Central Bulgaria.

Pronunciation: PROH-let-knee BOO-eh-neck

Music: Yves Moreau CD

Meter: 2/4

Formation: Closed or open circle of women. «Front-basket hold» L arm over, R arm under. Wt on R ft. ace R of ctr.

Meter: 2/4

Pattern

Introduction: 16 meas

1. Basic Figure

- 1 Step on R to R (1) hold (2)
- 2 Step on L (1) hold (2)
- 3 Step on R (1) close L to R (2)
- 4 step on R (1) hold (2)
- 5 Step on L (1) hold (2)
- 6 Step on R (1) hold (2)
- 7 Step on L (1) close R to L (2)
- 8 Step on L (1) hold (2)
- 9 Facing ctr, step fwd R (1) step fwd L (2)
- 10 Step fwd R (1) hold (2)
- 11-12 Repeat pattern of meas 9-10 with reverse dir and footwrk (moving back)
- 13 Facing ctr, step to R on R (1) slight lift on R drawing L ft next to R (2)
- 14 Repeat pattern of meas 13 but with reverse direction & ftwork
- 15-16 Repeat pattern of meas 13-14

Note: Repeat above pattern until tempo gets considerably faster

2. Variation (to faster tempo) - «buzz steps»

- 1 Facing ctr, step fwd on R (1) light hop on R drawing L ft behind R leg (2)
- 2 Rock back onto L (1) light hop on L lifting R ft slightly up (2)
- 3 Facing ctr, large step on R to R (1) slide L next to R (2)
- 4 Step on R to R (1) hold (2)
- 5-8 Repeat pattern of meas 1-4 with reverse dir and ftwrk
- 9-16 With wt on L, cross R in front of L and do 8 «buzz-steps» in RLOD
- 17-32 Repeat pattern of meas 1-16 with reverse dir and ftwork

Note: Last verse (with shrieks) ends with three heavy steps (cts 15-16)

Presented by Yves Moreau

Description © Yves Moreau