

Sevdino oro

7/8(a) QQS - Pirin Mountain

Presented by Iliana Bozhanova and Lyuben Dossev - 2000

This women's dance is done in an open circle and moves right with hands held down.

Figure 1 – 12 measures facing center

Measure 1

1. Step on the right foot forward
2. Hold
3. Bounce (chukche) on the right

Measure 2

3. Step on the left foot backward
4. Hold
5. Bounce (chukche) on the left while bending the right knee so that the right foot is in front of the left ankle. The upper torso bends slightly forward.

Measure 3

1. Step on the right foot next to the left
2. Step on the left foot in front of the right
3. Step on the right foot in place.

Measure 4

1. Step on the left foot next to the right
2. Step on the right foot in front of the left
3. Step on the left foot in place

Measure 5

1. Bounce (chukche) on the left foot
2. Step on the right foot to the right
3. Step on the left foot behind the right

Measures 6 and 7 are the same as measure 5 – to the right

Measure 8

1. Touch the right toe forward while bending the left knee
2. Hold
3. Step on the right foot to the right

Measure 9

1. Step on the left foot in front of the right
2. Step on the right foot in place
3. Bounce (chukche) on the right while moving the left foot in an arc close to the floor and ending towards the back

Measure 10

1. Step on the left foot behind the right
2. Step on the right foot in front of the left
3. Step on the left foot in front of the right.

Measure 11

1. Step on the right foot backward
2. Hold
3. Step on the left foot next to the right foot

Measure 12

1. Step on the right foot backward
2. Hold
3. Step on the left foot next to the right foot.

Pattern

Introduction – 12 measures

Figure 1 - 12 measures

Arms :

Measure 1 - The arms go to W position

Measures 2 to 7 - The arms keep W position

Measure 8 - The arms go gradually from W position - down.

Measures 9 to 12 - The arms are down.