

TRANSLATION : Small-stepped Vlach dance.  
 ORIGIN : Dance of the Vlach population in N.W. Bulgaria in the district around the town of Vidin.

MUSIC : Cassette " FOLK DANCES FROM BULGARIA" JL1992.01  
 Side A, Band 6.

Recorded by Jaap Leegwater on November 22, 1991 in Vidin, Bulgaria. The musicians are of the "Vidin Ensemble for Folk Songs and Dances". The performances were arranged and conducted by Genčo Genčev.

METER : 2/4  or 

SOURCE : Researched and learned by Jaap Leegwater in cooperation with Nina Kavardžikova, folklorist, from Cenislav Dokov, dancer from Vidin, Bulgaria during a study trip in November 1992.

STYLE : Vlach / Severnjaški:  
 - small and energetic steps  
 - light and bouncy  
 - the shoulders are relaxed and gently bounce naturally on the rhythm of the steps.

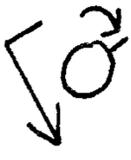
FORMATION : Open or half circle.  
 Hands joined at the sides in V-position.

MUSICAL INTRODUCTION : 16 measures

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 1</u>
	1	1	small step on R ft, tilting head and upper body slightly sdwd R	
		2	small step on L ft next to R ft, tilting head and upper body slightly sdwd L	
	2	1	small step on R ft, straightening body	
		2	small step and close L ft, without wt, next to R ft, tilting head and upper body slightly sdwd R	
	3-4		repeat action of meas 1-2 with opp ftwk & directions	
	5		repeat action of meas 1	
	6	1	small step on R ft, straightening body	
		2	fall onto L ft, slightly lifting L knee in front	
		&	strike R heel next to L toes	

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>
	7	1 & 2 &	step on R ft step on L ft in front of R ft step on R ft in place step on L ft next to R ft
	8	3 & 4 &	step on R ft in front of L ft step on L ft in place step on R ft next to L ft step on L ft in front of R ft
	9	5 & 6 &	step on R ft in place step on L ft next to R ft fall on R ft, holding L knee up in front hold
	10	7 & 8 &	hold step on L ft in place step on R ft in front of L ft
	11	9 & 10 &	step on L ft in place step on R ft next to L ft step on L ft in front of R ft step on R ft in place
	12	11 & 12 &	step on L ft next to R ft step on R ft in front of L ft step on L ft in place strike R heel next to L toes, slightly bending both knees
	13	1 2 &	step on R ft hop on R ft, lifting L knee in front strike L heel next to R toes
	14	1 & 2 &	step on L ft strike R heel next to L toes fall onto R ft, holding L ft next to R ankle extend L leg fwd down
	15	1 2	hop on R ft, bending and lifting L leg bkwd step on L ft in front of R ft
	16	1 2	step on R ft sdwd R step on L ft behind R ft
	17-32		repeat action of meas 1-16



<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 2</u>
	1	1-2	two light running steps: R & L	
		&	small lift on L ft followed by	
	2	1 2	a light jump on both ft hop on R ft, lifting L knee in front	
	3	1 & 2	step on L ft step on R ft step on L ft	light three-step
	4	1 & 2	step on R ft step on L ft fall onto R ft, pointing L ft down twd ctr	
	5	1 & 2	step and balance on L ft twd ctr, keeping R ft on the floor bounce on L ft	
	6	1 & 2	step and balance on R ft sdwd R, keeping L ft on the floor and turning body slightly out bounce on R ft	
		&	bounce on R ft, turning body face ctr	
	7-8		repeat action of meas 5-6, lifting L knee in front on last ct &	
	9	1 & 2	hop on R ft, lifting L knee in front step on L ft step on R ft next to L ft	
	10		repeat action of meas 9	
	11	& 1 2	small lift on R ft followed by a light jump on both ft together hop on L ft, flicking R ft in front of L leg	
	12	1 & 2	step on R ft step on L ft step on R ft, lifting R knee in front	
	13-14		repeat action of meas 15-16 of Part 1	
	15	1 2	light jump on both ft together hop on R ft, lifting L knee in front	
	16	1 & 2	step on L ft step on R ft step on L ft	light three-step
	17-32		repeat action of meas 1-16	