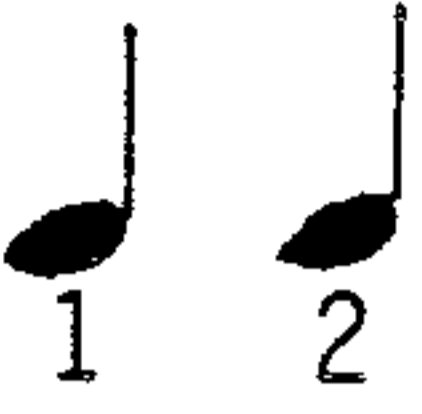






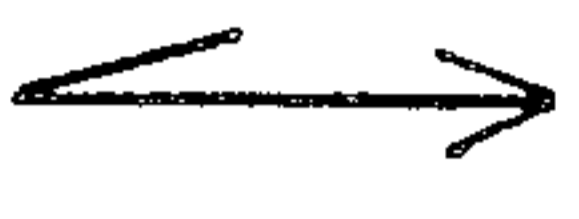
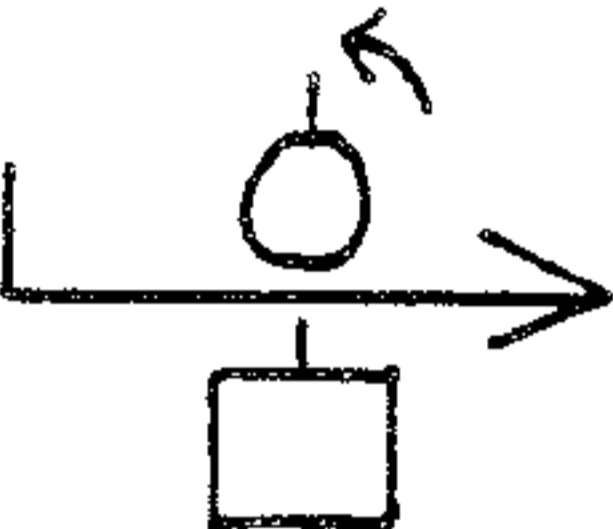



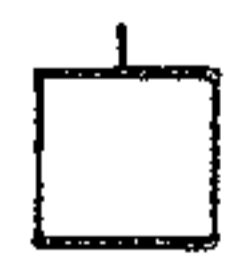


TJANEVSKA RÂKABulgaria

- TRANSLATION & ORIGIN : Dance with arm movements from the village of Tjanevo, Tolbuhin district in the ethnographical region of Dobrudža, Bulgaria.
- MUSIC : Cassette BULGARIAN FOLK DANCES - JL1990.01 presented by Jaap Leegwater. Side B, Nr. 15.
- METER : 2/4  or 
- SOURCE : Learned from Ivan Gavrilov, choreographer with the Ensemble for Folk Songs and Dances "Dobrudža" in Tolbuhin, Bulgaria in december 1989.
Mr. Gavrilov grew up with this dance in his native village Tjanevo.
- STYLE : Dobrudžanski :
- heavy, wt on the whole ft
- knee bend position
- hips are slightly turned fwd
- upper body erect and proud
- every step is accompanied by a slightly knee bending or dipping
- a kind of a peasant - or "earthy" quality
- FORMATION : Open circle.
Hands held a W-position
- MUSICAL INTRODUCTION : 16 measures

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u> <u>Steps</u>	<u>Part 1</u> <u>Arms</u>
	1	1	step on R ft	rock arms in W-position :
		&		
		2	step on L ft	slightly bkwd
		&		slightly fwd
	2	1	step on R ft	extend fwd
		&	step on L ft next to R ft	swing down
	3	1	step on L ft	swing back to
		&	stamp R ft, without wt, next to L ft	W-position
	4	2	step on R ft	
		1	step on L ft	
		&	stamp R ft, without wt, next to L ft	
		2	stamp R ft, without wt, next to L ft	

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 2</u>	<u>Arms</u>
			<u>Steps</u>		
	1-2		as meas 1-2 of Part 1		as in Part 1
	3-4		repeat action of meas 1-2 with opp ftwk & directions		
	5-8		repeat action of meas 1-4		
			<u>Part 3</u>		
	1	1 & 2 &	step on R ft stamp L ft, without wt, next to R ft step on L ft stamp R ft, without wt, next to L ft		hold arms straight fwd pointing R of ctr
	2	1 & 2 &	step on R ft step on L ft step on R ft stamp L ft, without wt, next to R ft		
	3	1 & 2 &	step on L ft stamp R ft, without wt, next to L ft step on R ft stamp L ft, without wt, next to R ft		
	4	1 & 2	step on L ft step on R ft stamp & close L ft, without wt, next to R ft		pull arms in to W-position
	5-8		repeat action of meas 1-4 with opp ftwk & directions		
	9-16		repeat action of meas 1-8		
			<u>Part 4</u>		
	1	1 & 2 &	step on R ft stamp L ft, without wt, next to R ft step on L ft stamp R ft, without wt, next to L ft		W-position
	2	1 2	raise body on the ball of both ft together squat, both ft parallel together or jump on both ft together in demi-plié (knee-bend position)		raise both arms up W-position
	3	1 2	low leap ("fall") onto L ft, swinging R leg in an arc close to the floor fwd step on R ft in front of L ft		
	4	1 & 2	step on L ft stamp on R ft, without wt, next to L ft squat or fall onto R ft, taking wt of L ft		
	5-8		repeat action of meas 1-4 with opp ftwk & directions		
	9-16		repeat action of meas 1-8		