

The dance is from the Rhodopi Mountains and is done in an open circle with arms in W position.

Figure 1 - 8 measures in a circle to the right and facing the center

Measure 1

1. Step on the right foot diagonally to the right
2. Lift on the right in LOD

Measure 2

1. Step on the left foot across the right foot and to the right
2. Lift on the left in LOD

Measure 3

1. Step on the right foot to the right side
2. Step on the left foot behind the right foot

Measures 4,5,6 are the same as 1,2,3

Measure 7 - Sway right

Measure 8 - Sway left

Figure 2 - 9 measures in a circle to the right and facing the center

Measure 1

1. Step on the right diagonally right
2. Lift on the right

Measure 2

1. Step on the left across the right
2. Jump on both feet with the feet together while turning the body towards the center

Measure 3

1. Step on the right foot diagonally right backwards
2. Step on the left in LOD

Measures 4-6, 7-9 repeat measures 1-3

Pattern

Introduction Slow song and the next 8 measures
in 2/4 with Gajda music

Figure 1 - 8 measures - 2 times

Figure 2 - 9 measures - 1 time

After the 5th repetition, continue with figure 2 until
the end of the music.