

TRUNSKA LESA

(Bulgarian)

This dance is very popular in the Shop ethnographic region, especially around the town of Trun, from which it gets its name. People from the western Shop area also know this dance as "Vlachi Kuche Koliano."

This dance is characteristic of the Shop style of dance which is very emotional and very energetic. Note that both men and women dance together.

PRONUNCIATION: TRUN-ska le-SA
FORMATION: Open circle, belt hold
STYLE: Very small and energetic steps
METER: 2/4 o o
MUSIC: Petur Iliev - Bulgarski narodni tanci,
Side A, No. 4

PART I: 16 measures - "Zaigrai Vdesno Flevo"

<u>MEASURE</u>	<u>COUNT</u>	<u>PATTERN</u>
1		Touch ball of R foot to the right, Step R, step L, R foot up.
2		Repeat measure 1
3		Step R-L-R quickly
4		Step L-R-L quickly
5		Step R to the right, step L behind
6		Step R, hop R, kick L foot to the right
7		Jump from R to L to the L side, Step R across in front of L
8		Step L to the left, step R behind
9		Step L, Hop L, R foot is up and a little to the right side
10		Step R, twist L foot to the right side Step L, twist R foot to the left side
11		Step R, twist L foot to the right side Step L, twist R foot to the left side

- 12 Step R to the right side, Hop R and kick L foot to the right side
- 13 Jump from R to L to the left side and step R, crossing in front of L.
- 14 Step L and hop L, R foot up and a little to the right side.
- 15 Touch R to L quickly, R foot up, and step R in place, L foot up.
- 16 Touch L to R quickly, L foot up and step L in place, R foot up.

REPEAT PART I ONE TIME

PART II: 16 measures - "Vlachi Kuche Koliano"

- 1 Step R heel to the front, step L crossing behind, step R in place very quickly
- 2 Step L heel to the front, step R behind, Step L in place very quickly
- 3 Touch R heel, step R in place, L foot up
- 4 Touch L heel, step L in place, R foot up
- 5 Lift-lift L, R foot up and out to the right, tilt body slightly to the left
- 6 Lift-lift L, R foot up and out to the right, tilt body slightly to the left
- 7 Touch R foot out to the right
- 8 Touch R foot out to the right
- 9 Hop-hop R moving towards the right, dragging L foot behind
- 10 Hop-hop R moving towards the right, dragging L foot behind
- 11 Touch L foot to the front
- 12 Touch L foot to the front
- 13 Twist R to L, moving backwards
- 14 Jump together, left L, R foot up
- 15 Touch R to L quickly, R foot up, and step R, L foot up.
- 16 Touch L to R quickly, L foot up, and step L, R foot up.