

VLAŠKO
(Bulgaria)

Source: Boris Valkov, 1970. As taught to François Legault in 1976.
Vlach dance from N.O. Bulgaria

Music: Laridaine ML-3 Meter 2/4

Formation: Closed or open circle, mixed. Hands down st sides. Wt on L. Face R of ctr.

MEASURE	DESCRIPTION
<u>FIGURE I</u> (Slow music)	
1-2	Four walking steps to R beg. with RF
3	Facing ctr, step onto R ft (1) Raise L leg. in front of R (2)
4	Reverse action of meas. 3
5	Repeat pattern of meas. 3
6-8	Reverse action of meas. 1-3
9-16	Repeat action of meas. 1-8
<u>FIGURE II</u> (Slow music)	
1	Take two steps diag. fwd. R beg. with R
2	In same direction, step onto R with marked flexion (1) straighten R leg. bringing L ft behind R knee
3-4	Take three steps bkwd in same diag. (L-R-L) close R ft next to L
5-8	Repeat action of meas. 1-4, reversing direction & ftwork
<u>FIGURE III</u> (Fast music)	
1	Facing ctr, small step onto R to R (1) small step onto L fwd and slightly in front of R (&) step onto R in place (2) small step onto L next to R (&)
2	Repeat action of meas. 1
3	Small step onto R to R slightly tilting body to R (1) Pause (&)
	Small step onto L to L (2) Cross R ft in front of L (&)
4	Small step onto L ft in place (1) small step on R to R (&)
	Cross L in front of R (2) step on R in place (&)
5	Step onto L next to R (1) Stamp R ft next to L, no wt. (&)
	Step onto R ft in place (1) Stamp L next to R, no wt. (&)
6	Repeat pattern of meas. 5
7	Small hop onto R ft (1) step bkwd on L ft (&) small hop on L ft (2)
	step bkwd on R (&)
8	Small hop on R ft (1) step bkwd on R (&) stamp with R ft next to L, no wt. (2)
9-16	Repeat pattern of meas. 1-8 with opp. ftwork
<u>FIGURE IV</u> (Fast music)	
1-2	Step on R to R (1) step on L behind R (&) Repeat 3 more times
3-4	Do four "click-steps" in place starting with R ft (R-L-R-L)
5	Step on R to R (1) step on L in front of R (&) step on R bkwd (2)
	Step on L to L (&)
6	Step on R across L (1) Step on L bkwd. (&) Step on R to R (2)
	Step on L across R (&)
7	Step on R bkwd (1) step on L to L (2) <i>STEP ON R & CROSS L (CT 2)</i>
8	Do two "heel-clicks" beg. with R (R-L) <i>STEP ON L BKWD IN PL</i>
9-16	Repeat pattern of meas 1-8 with opp. direction & ftwork <i>(CT 4)</i> Repeat dance from beginning.