

1976 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Ron Wixman

ZAD KRAK
Western Bulgaria

A dance from the Radomir area in the Shope region of Western Bulgaria. Learned from Dennis Boxell.

RECORD: VITOSHA LP 001

FORMATION: Semi-circle, hands joined at sides, facing ctr.

STYLE: ~~§OP~~ STYLE: LIFT FREE FT IN BACK WHEN STEPPING

METER: 6/8

PATTERN

Meas

PATTERN

- 1 Facing ctr, step swd R on R ft (ct 1) cross and step on L ft behind R ft (ct 4)
- ~~2 Three little steps slightly fwd (cts 1, & 2)~~
- ~~3 Step fwd on L ft (ct 1) hop on L ft, crossing R ft behind L calf (ct 2)~~
- 2 STEP R TO R (CT1)
- 3 STEP FWD L (CT1)

WHEN TEMPO INCREASES, MEAS 3 BECOMES:

STEP FWD L (CT1), CLOSE R TO L (CT3)
STEP FWD L (CT4).