

ZASPALO E JOVE /
KAKO KOSTANINO


Bulgaria

These are the names of two songs used for this typical jumpy Sop line dance.

TRANSLATION : Kako Kostadine is the name of the accompanying song
AND to which the dance is originally performed.
ORIGIN Kostadin is a man's name.
The dance is from Western-Bulgaria, known as the ethnographical region of Šopluk.

MUSIC : Cassette "FOLK DANCES FROM BULGARIA" - JL1996.01
Presented by Jaap Leegwater

METER : 2/4




SOURCE : Kako Kostadine was introduced at the 5th Bulgarian Summer Dance Seminar, August 1991 in Bansko, Bulgaria by Velko Jovkov, dance instructor and Toško Todorov, accordionist.

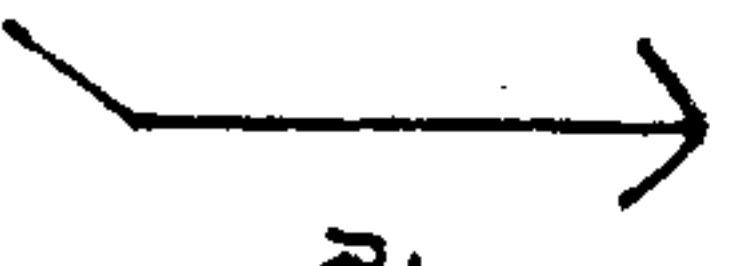
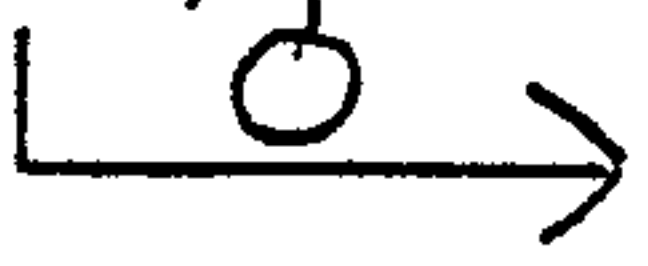
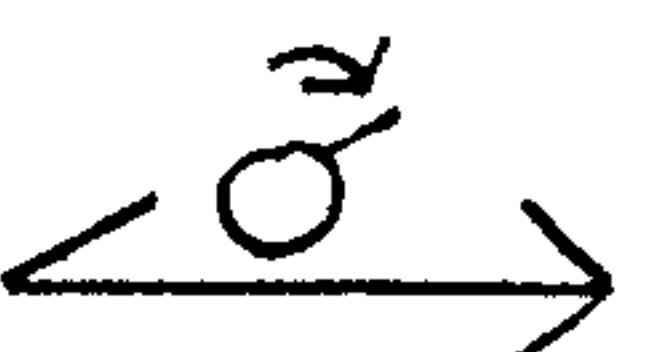



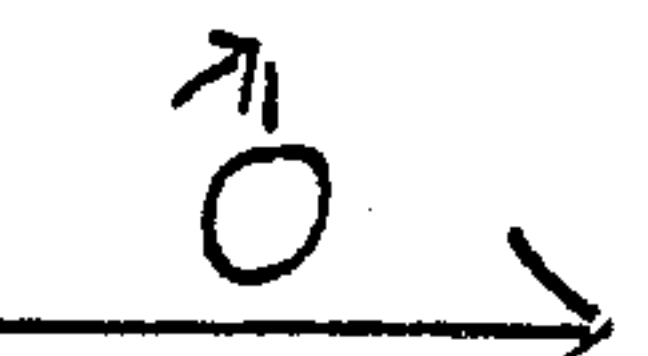
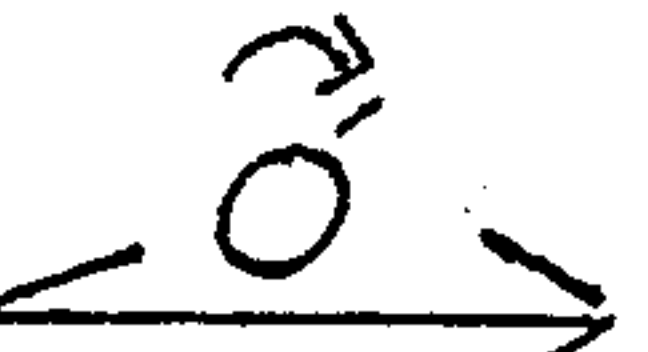
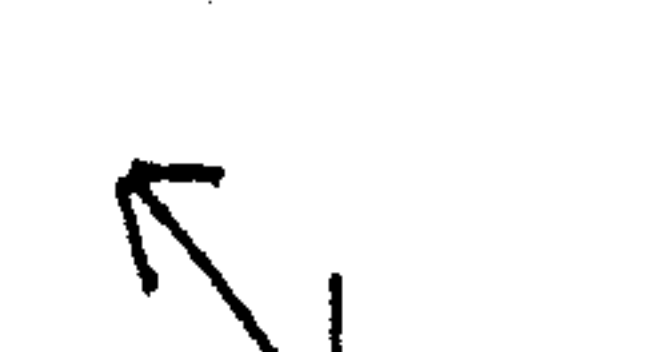



STYLE : Šopski:
- small and energetic steps
- the upper part of the body moves slightly fwd in coordination with leg and knee liftings
- keep shoulders relaxed so they can bounce naturally to the rhythm of the steps
- both music- and dance performance reflect the typical light and bouncy styling characteristic for the Graovo region, which is part of Šopluk.

FORMATION : Open or half circle.
Hands joined in W-position.

MUSICAL INTRODUCTION 16 measures

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>
	1	1	step on R ft
		2	step on L ft
	2	1	step on R ft
		&	step on L ft across behind R ft
		2	step on R ft
	3	1	step on L ft
		&	step on R ft
		2	step on L ft
	4	1	step on R ft, extending L leg (slightly turned out) sdwd L
		2	hop on R ft, bending L leg across behind R leg

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<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>
	5	1	step on L ft across behind R ft
		2	step on R ft
	6	1	step on L ft across behind R ft
		&	step on R ft
	7	2	step on L ft
		1	step on R ft
	8	2	step on L ft
		1	step on R ft
	9	&	step on L ft
		2	step on R ft
	10	1	step (leap) onto L ft across in front of R ft, bending body at waist
		2	step back on R ft in place, straightening body
	11	1	hop on R ft, swinging L leg sdwd L and bend across behind R leg
		2	step on L ft across behind R ft
	12	1	step on R ft
		&	step on L ft across behind R ft
	13	2	step on R ft
		1	step on L ft
	14	1	small leap onto L ft
		2	small leap onto R ft in front of L ft
	15	1	small leap onto R ft
		2	small leap onto L ft across behind R ft
	16	1	small leap onto L ft sdwd L
		&	step on R ft next to L ft, wt on both ft
		2	small leap onto L ft in place
			repeat action of meas 15 with opp ftwk & directions

"Pas-des-Basque"



Dance description by Jaap Leegwater

Presented by Jaap Leegwater at the Camillia Festival, Sacramento, CA in March 2010

<http://www.jaapleegwater.com>