

FOLK DANCES FROM BULGARIA



Presented by : Balcho Stanev

Music : Marin Rachev

at the SWANSEA SUMMER SCHOOL OF INTERNATIONAL FOLK DANCE

July 1987

Svishtovsko

Madro

Vlashko

Vetrenska Kopanitsa

Paidushko

Bjalo Kokice

Kulska Bachvanka

Qvchata

Gankino

Qpas

Chukanoto

Kucata

Shopsko

Dance descriptions by Cathy Meunier

SWANSEA SUMMER SCHOOL 1987

Addresses

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NOTATION FOR DIRECTION

- > arrow indicates direction of dance movement
| short line represents body orientation
O represents direction of head

Examples:

- on the spot, facing centre
⊖→ dance counter-clockwise, body facing counter-clockwise
⊕→ dance counter-clockwise, body facing centre
⊗→ dance counter-clockwise, body facing diag. right
⊙→ dance counter-clockwise, body facing clockwise

ABBREVIATIONS

R	right
L	left
opp ftwk	opposite footwork
dir	direction
posn	position
meas	measure
cnt	count
fwd	forward
bkwd	backward
wt	weight

SVISHTOVSKO

REGION : Svishtovsko is from the region of Severnjashko (North Bulgaria).
It is a very popular dance and is danced all over Bulgaria.

METER : $\frac{4}{4}$

STYLE : Lively and springy steps. Vigorous arm-swinging movements.

FORMATION : Closed circle, hands joined in 'W' position.

meas	cnt	dir	
1	1	∅ →	step R fwd
	2		hop R
	3		step L fwd
	4		hop L
2	1	∅ →	step R to R
	2		cross L behind R
	3		step R to R
	4		hop R
3	1-4	← ∅	repeat meas 2 with opp ftwk and dir

ARMS

1	1-3		hands joined in 'W' posn	
	4		arms swing down and backwards, low	
	2	1		arms swing fwd, low
		2		" " bkwd, "
3			" " fwd, "	
4			" " bkwd, "	
3	1-3		repeat meas 2, cnt 1-3	
	4		return to 'W' posn.	

VLASHKO

- REGION :** Severnjashko (North Bulgaria). The region close to the River Danube which forms the northern border with Rumania.
- METER :** $\frac{2}{4}$
- STYLE :** Small energetic and bouncy steps from heel to toe in the first part of the dance. Sharp knee lifting movements. Lively and jumpy steps in the second part of the dance.
- FORMATION :** Closed circle, hands joined in 'V' position.

Fig.(i)





meas	cnt	dir	
1	1		step fwd on R heel
	2		bounce on R, placing whole of foot on ground
2			repeat meas 1 with opp ftwk
3-4			repeat meas 1-2
5			step R to R
6			raise L knee in front, bouncing on R
7-8			repeat meas 5-6 with opp ftwk
9-10			repeat meas 5-6
11-14			repeat meas 1-4 with opp ftwk and dir
15-16			repeat meas 7-8
17-32			repeat meas 1-16

Fig.(ii)








1-3			repeat Fig.(i) meas 1-3, diag R fwd
4			raise L knee in front, bouncing on R
5			step bkwd L
6			" " R
7			" " L lifting R to R (low)
8			close R to L
9-16			repeat meas 1-8, but fwd and bkwd diag to L
17-32			repeat meas 1-16

Fig.(iii)

1	1		step R fwd (body bent slightly fwd)
	2		step L fwd
2-4			repeat meas 1, 3 more times, straightening body
5	1		step R to R
	2		cross L in front of R
6	1		step R in place
	2		step L to L
7	1		cross R in front of L
	2		step L in place
8	1		step R next to L
	2		stamp L heel next to and in front of R
9			repeat meas 8 with opp ftwk
10-11			repeat meas 8-9
12	1		spring onto R with L raised in front
	2		hold
13	1		hop R
	2		step L bkwd
14	1		hop L
	2		step R bkwd
15	1		hop R
	2		step L bkwd raising R to side, low
16	1		close R to L
	2		hold
17-32			repeat meas 1-16

PAIDUSHKO

REGION: Severnjashko (North Bulgaria)

METER: $\frac{5}{8}$ counted as $\downarrow \downarrow$.

STYLE: Jumpy and lively steps. Vivid arm-swinging movements.

FORMATION: Close circle, hands joined in 'W' posn.

meas	cnt	dir	
1	1	$\emptyset \rightarrow$	hop L
	2		step R fwd
2	1		hop R
	2		step L fwd
3-4			repeat meas 1-2
5	1	$\leftarrow \emptyset$	step R across in front of L, with no weight
	2		step L to L and behind R, keeping weight over L
6-8			repeat meas 5, three more times (paiduska step)
9	1	\emptyset	hop L
	2		step R to R
10	1		step L across in front of R
	2		step R in place
11-12			repeat meas 9-10 with opp ftwk
13	1		step R diag fwd R, with no weight
	2		step back on L in place
14	1		step R fwd, with no weight
	2		step back on L
15	1	$\emptyset \downarrow$	hop L
	2		step back on R
16	1		hop R
	2		step back on L

ARMS

meas	cnt	
1-4		Hands joined in 'W' posn
5	1	swing arms down and bkuds, low
	2	swing arms fwds, low
6-8		repeat meas 5, 3 more times
9	1	arms to 'W' posn
	2	swing arms fwd and down
10	1	swing arms bkuds, low
	2	swing arms fwds, low
11-12		repeat meas 9-10
13	1	swing arms bkuds, low
	2	swing arms fwds, low
14		repeat meas 13
15-16		arms in 'W' posn

KULSKA BACHVANKA

REGION : Severnjashko (North Bulgaria)

METER : $\frac{2}{4}$

STYLE : Light and springy

FORMATION : Closed circle

Fig.(i) and (ii) shoulder hold

Fig.(iii)-(vi) hands joined in 'V' posn.

Fig.(i)

meas	cnt	dir	
1		$\phi \rightarrow$	step R to R
2			cross L behind R
3	1		step R to R
	2		cross L in front of R
4	1	\circ	close R to L
	2		hold
5-8		$\leftarrow \phi$	repeat meas 1-4 with opp ftwk and dir
9-16			repeat meas 1-8

Fig.(ii)

1	1	$\phi \rightarrow$	step R heel to R
	2		cross L behind R
2-3			repeat meas 1, twice more
4	1		step R to R
	2		hop R, raising L in front
5-8		$\leftarrow \phi$	repeat meas 1-4 with opp ftwk and dir
9-16			repeat meas 1-8

Fig.(iii)

1	1	$\uparrow \phi$	step R fwd
	2	ϕ	step L fwd
2			repeat meas 1
3	1		step R fwd
	2		hop R
4	1		step L fwd
	2		hop L
5-8			repeat meas 1-4
9-12		$\downarrow \phi$	repeat meas 1-4 bkws to return to original circle
13-14		\circ	step R L R L making a full turn to the right
15		\circ	stamp R in place
16		\circ	stamp L in place
17-32			repeat meas 1-16

Fig.(iv)

1	1	$\phi \rightarrow$	2 fast steps R L fwd
	2		step R fwd
2			repeat meas 1 with opp ftwk
3-4			repeat meas 1-2
5	1	$\phi \rightarrow$	Step R to R
	2		step L behind R
6	1		step R to R
	2		step L in front of R
7-8			repeat meas 5-6
9-16			repeat meas 1-8

KULSKA BACHVANKA (cont'd)

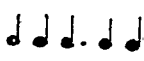
Fig.(v)

meas	cnt	dir	
1	1	↑	step R fwd
	2	⊙	step L fwd
2			repeat meas 1
3	1	○	step R
	2		stamp L heel next to R
4	1		step L
	2		stamp R heel next to L
5-8		⊙	repeat meas 1-4 backwards
9-16			repeat meas 1-8

Fig.(vi)

1	1	↗	step R diag fwd R
	2		" L " " "
2	1		" R " " "
	2		stamp L next to R
3-4		↖	repeat meas 1-2 with opp ftwk, diag fwd L
5	1		○
	2		step R in place raising L in front, knee turned outwards
6			repeat meas 5 with opp ftwk
7-8		↘	repeat meas 5-6
9-10			
11-12		↙	repeat meas 3-4, diag bkws L
13-16			○

GANKINO HORO

- REGION** : Gankino Horo is from the region of Severnjasko (North Bulgaria), but it is also danced all over Bulgaria. Gankino means "Ganka's dance"
- MUSIC** : Belcho used the music labelled 'Glavinishka Kopenitsa' on his tape, but other recordings in 11/16 rhythm are also suitable.
- METER** : $\frac{11}{16}$  This dance has a 3-measure basic pattern.
- STYLE** : Slow and gentle, or fast and vigorous - depending on the music.
- FORMATION** : Open or closed circle in belt hold (left arm over), or hands joined in 'V' position.

meas	cnt	dir	
1	1	$\emptyset \rightarrow$	step R fwd
	2		step L fwd
	3		step R fwd
	4		hop R
	5		step L fwd
2	1	$\oplus \rightarrow$	step R to R
	2		cross L behind (or next to R)
	3		step R to R
	4	\circ	close L to R
	5		bounce
3	1-5	$\leftarrow \oplus$	repeat meas 2 with opp ftwk

CHUKANOTO

REGION: The Rodope Mountains in the South of Bulgaria.
Chukanoto means stamping

METER : $\frac{2}{4}$

STYLE : The dances from the Rodope reflect the oppression of the Bulgarians during the Turkish Yoke. The movements are slow and solemn. Men and women dance separately. This region is most well known for its melodic songs.

FORMATION: Closed circle, hands joined in 'V' position.

Fig.(i)

meas	cnt	dir	
1		Ø →	step R fwd
2			step L fwd ;
3	1	Ø →	step R to R
	2		cross L behind R
4	1		step R to R
	2	○	stamp L heel next to R
5			repeat meas 4 with opp ftwk
6			repeat meas 4
7	1		stamp L heel next to R
	2		hold '
8-14			repeat meas 1-7 with opp ftwk and dir

Fig.(ii)

1		↑	step R fwd
2		⊕	step L fwd
3	1		step R fwd
	2		step L fwd
4-7			repeat fig.(i) meas 4-7
8-14		⊕	repeat meas 1-7 with opp ftwk and dir

Song words

Devojko mari, hubava (x2)
Koj beshe snoshti u vasi (x2)
Nikoj u nazi nemashe (x2)
Devojko mari, hubava (x2)

Devojko mari, hubava (x2)
Az shte da pitam Riskana (x2)
Riskana pravo shte kaze (x2)
Deno az iskem da znaem (x2)

SHOPSKO

REGION: Shop (around Sofia)

METER: $\frac{6}{8}$ counted as $\begin{matrix} \textcircled{1} & \textcircled{2} & \textcircled{3} & \textcircled{4} \\ \downarrow & \downarrow & \downarrow & \downarrow \end{matrix}$

STYLE: The movements are firm and sharp. Fast small steps and shaking of the shoulders (natrissane) in the shopsko step.

FORMATION: Lines in belt hold.

Fig. (i)

meas	cnt	dir		
1	1	→	Step fwd on R	
	2		hold	one - two - three
	3		step fwd on L	
	4		step fwd on R	
	5-6		hold	
2			repeat meas 1 with opp ftwk	one - two - three
3	1		step fwd on R	
	4		hop R	step hop
4			repeat meas 3 with opp ftwk	step hop
5	1	→	step R to R	step hop
	4		step L behind R	step hop
6	1		step R to R	
	4		slight bounce on R	sway
7	1	○	step L to L moving weight over to L	sway
	4		transfer wt to R (feet apart)	sway
8	1		transfer wt to L	
	4		slight bounce on L	sway
9-24			repeat meas 1-8 3 more times	

Fig. (ii)

1	1	○	close R to L bouncing on both feet	} shopsko R sway x 4
	2		raise R knee in front	
	3		raise R knee higher	
	4		step onto R in place raising L knee in front	
5-6			hold	
2			shopsko L	
3-4			repeat meas 1-2	
5	1(2)	↑	step fwd on R heel (upper body bent slightly fwd)	
	3		close L behind R	1 + 2
6	4(5-6)		step fwd on R heel	3 + 4
			repeat meas 5 with opp ftwk	5 + 6, 7 + 8
7-8			repeat meas 5-6	
9	1	○	spring onto R raising L knee	leap stamp
	4		stamp L heel slightly in front of R	
10	1		spring onto L raising R knee in front	leap whirl
	4		kick R down and fwd	
11	1	↓	spring backwards onto R	back x 4
	4		spring backwards onto L	
12			repeat meas 11	
13		○	shopsko R	shopsko x 2
14			shopsko L, on last half of meas spring on L	
			crossing R knee in front of L leg	
15	1		spring on R in place, crossing L knee in front of R leg	
	4		repeat with opp ftwk	leap x 4
16			repeat meas 15	
17-48			repeat 1-16 twice more	

SHOPSKO - Shouts

Fig. (ii)

5-8	Druz se zemjo shop te gazi!
9	ee-ha!
10	ee-ha!

MADRO

REGION : Women's dance from the town of Kotel in Trakia.

METER : $\frac{7}{8}$ ♩ ♩ ♩.

STYLE : The costumes that would be worn in this location are more like fashionable town clothes. The heavy dress and jewellery are reflected in the style of the dance.

FORMATION : Circle with hands joined in 'W' position.

Fig.(i)


meas	cnt	dir	
1	1		bounce on both feet apart (R in front of L)
	2		transfer wt onto R
	3		step fwd on L
2-15			repeat meas 1, 14 more times
16...			step fwd R, L, R (1 step on each chord of music)

Fig.(ii)










1	1		step fwd on L towards centre
	2		raise R
	3		bounce on L, raising R behind L leg
2	1		step back on R
	2		raise L
	3		bounce on R, raising L in front
3	1		step L to L
	2		raise R
	3		close R to L
4			repeat meas 3
5-6			repeat meas 1-2, opp ftwk
7-8			repeat meas 3-4, opp ftwk and dir
9-16			repeat Fig.(i) meas 1, 8 times

Fig.(iii)

1	1		step R fwd towards centre
	2		touch L next to R, bending on R
	3		brush L and stretch fwd, lifting on R
2			repeat meas 1, opp ftwk
3-4			repeat meas 1-2
5	1		step back on R, bending R knee
	2		raise L
	3		raise L knee in front, straightening R
6			repeat meas 5 with opp ftwk
7-8			repeat meas 5-6
9-12			break hands but remain in 'W' position
			repeat Fig.(i) meas 1, 4 times, but making $\frac{1}{2}$ turn to R on each meas (i.e. 1 full turn)
13-14			small slow bow, hands in 'W' (not joined), look forward, return to upright position

VETRENSKA KOPANITSA

REGION : West Trakia

MUSIC : The music is incorrectly labelled "Glavinishka Kopanitsa" on the tape.

METER : $\frac{11}{16}$ ♩ ♩ ♩ ♩ ♩

STYLE : Sharp and light. The first part is gentle and may be danced by men and women. The second part is more vigorous and is danced by men only.

FORMATION : Lines in belt hold.

Fig.(i)

meas	cnt	dir	
1	1	⊙ →	step R fwd
	2		step L fwd
	3		step R fwd
	4		hop R
	5		step L fwd
2-8			repeat meas 1, 7 more times

Fig.(ii)

1	1	⊙ →	step R fwd
	2		step L fwd
	3		step R, L fwd
	4		step R fwd
	5		step L fwd
2-8			repeat meas 1, 7 more times

Fig.(iii)

1	1	⊙ →	step R' to R
	2		close L to R
	3		step R to R
	4		close L to L
	5		bounce on both feet together
2		← ⊙	repeat meas 1 with opp ftwk and dir
3-8			repeat meas 1-2, 3 more times

Fig.(iv)

1	1	⊙ →	step R to R
	2		cross L behind R
	3		step R to R, raising L knee in front
	4		step L to L
	5		cross R behind L
2		← ⊙	repeat meas 1 with opp ftwk and dir
3-8			repeat meas 1-2, 3 more times

Fig.(v)

1		⊙ →	repeat Fig.(i) meas 1
2	1		step R fwd
	2		step L fwd
	3	⊙	stretch R fwd, placing heel on ground
	4		step R next to L
	5		stretch L fwd, placing heel on ground
3	1	← ⊙	step L to L
	2		cross R behind L
	3		step L to L, raising R to side
	4	⊙	close R to L (weight remains on L)
	5		step on L in place, raising R to side

VETRENSKA KOPANITSA (cont'd)

Fig.(v) (cont'd)

meas	cnt	dir	
4	1	○	close R to L (weight on L)
	2		step L in place
	3		stretch R fwd, placing heel on ground
	4		step on R next to L
	5		stretch L diag fwd and L, placing heel on ground
5	1		stretch L fwd, placing heel on ground
	2		step on L next to R
	3		stretch R fwd, placing heel on ground
	4		step on R next to L
	5		stretch L fwd, placing heel on ground
6-8			repeat meas 3-5
9	1	←⊙	step L to L
	2		cross R behind L
	3	○	step L to L
	4		cross R in front of L
	5		step L in place
10-18			repeat meas 1-9

Fig.(vi)

1-2		↔	repeat Fig.(v) meas 1-2
3	1	←⊙	step L to L
	2		cross R behind L
	3	○	step L to L, raising R knee in front
	4		step on R in place, raising L knee in front
	5		" " L " " " R " " "
4	1		" " R " " " L " " "
	2		" " L " " " R " " "
3-5			repeat Fig.(v) meas 4 cnts 3-5
5			repeat Fig.(v) meas 5
6-8			repeat meas 3-5
9			repeat Fig.(v) meas 9
10-18			repeat meas 1-9

Fig.(vii)

1-2			repeat Fig.(v) meas 1-2
3	1	←⊙	step L to L
	2		cross R behind L
	3		step L to L
	4	○	hop on L, swinging R fwd
	5		place R heel on ground, crossed in front of L foot
4	1		hop on L, swinging R backwards
	2		touch R toe on ground behind L
	3		brush R foot fwd next to L
	4		hop on L, swinging R fwd
	5		stretch R fwd with heel placed on ground
5	1		spring onto R next to L, swinging L backwards
	2-5		repeat meas 4 cnts 2-5 with opp ftwk
6-11			repeat meas 3-5, twice more
12			repeat Fig.(v) meas 9
13-23			repeat meas 1-11
24	1-3		repeat meas 12 cnt 1-3
	4	○	low hop on L, lifting R straight fwd
	5		slap R on the floor in front

BJALO KOKIČE

REGION : Women's dance from East Trakia.
 Djalo Kokiče means "White Snowdrop"

METER : $\frac{7}{8}$ ♩ ♩ ♩.

STYLE : Sharp and light steps.

FORMATION : Circle with hands joined in 'V' position.

Fig.(i)

meas	cnt	dir	
1	1	↑	step fwd onto R ; swing arms fuds
	2	⊕	raise L behind
	3		bounce on R with L raised behind R calf
2	1	⊕	step back onto L ; arms to 'V' posn
	2	↓	raise R in front
	3		bounce on L, raising R in front of L shin
3	1	⊕ →	bounce on L with slight turn of R shoulder backwards
	2		step R to R (shoulders straight twds centre)
	3		close L to R ; swing arms bkwds low
4-12			repeat meas 1-3, 3 more times

Fig.(ii)

1	1	⊕ →	step R fwd (in LOD)
	2		step L fwd
	3		step R fwd
2	1-3		repeat meas 1 with opp ftwk
3	1		step with weight on both feet (R in front of L)
	2		hold
	3		spring fwd onto L
4-5			repeat meas 1-2
6			repeat meas 3 but turn sharply to face centre on cnt 3
7	1	↑	touch R diagonally in front and to R; arms slightly fwd
	2		bounce on L
	3		step fwd onto R
8	1-3		repeat meas 7 with opp ftwk
9	1-3		repeat meas 7 (on cnt 3 raise L foot in front of R; arms 'V' posn)
10	1	⊕	hop on R ; swing arms fuds low
	2		step back onto L
	3		step back onto R ; swing arms bkwds low
11			repeat meas 10
12		⊕	step R, L, R in place ; arms in 'V' posn

OVCHATA

REGION : East Bulgaria

METER : $\frac{2}{4}$

STYLE : Heavy, knees slightly bent

FORMATION : Mixed circle. Hands joined in 'V' position, or belt hold.

Fig.(i)

meas	cnt	dir	
1	1	↑	step fwd on R
	2	⊙	stamp L next to R, bending knees slightly
2			repeat meas 1 (opp ftwk)
3-4			repeat meas 1-2
5	1	⊙	step back on R
	2	↓	raise L knee in front (slightly turned out)
6			repeat meas 5 (opp ftwk)
7-8			repeat meas 5-6
9-16			repeat meas 1-8
17	1	○	stamp R next to L (raise foot behind)
	2		" " " "
18	1		" " " "
	2		hold

Fig.(ii)

1	1	⊙ →	step R to R	
	2		cross L in front	
2			repeat meas 1	
3	1	○	step R to R	
	2		hop R, raising L foot in front	
4			repeat meas 3 (opp ftwk)	
5-8			repeat meas 1-4	
9-10			repeat meas 1-2	
11	1	↑	heavy step R towards centre	Shout: hee!
	2	⊙	" " L " "	ha!
12	1		" " R " "	ha!
	2		hold	
13-24			repeat meas 1-12	

Fig.(iii)

1	1	↑	heavy step R towards centre	
	2	⊙	" " L " "	
2	1		heavy steps R L towards centre	
	2		heavy step R towards centre	
3	1		" " L " "	raising R behind
	2		stamp R next to L	
4	1	⊙	step R bkws	
	2	↓	" L "	
5	1		step R bkws	
	2		hop R	
6	1		step L bkws	
	2		hop L	
7-24			repeat meas 1-6, 3 more times	

OVCHATA

Song Words

Koj ti kupi kundurkite (x 2)
de, de, de kundurkite
ha, ha, ha kundurkite, Rado le

Chorus:

Nikola gi kuni
az da gi nosja na horo x 2
ta da se pukat ergeni

Koj ti kupi kolancheto (x 2)
de, de, de kolancheto
ha, ha, ha kolancheto, Rado le

OPAS

REGION : Men's dance from Dobrudza (North-East Bulgaria).
 Opas is the wide cummerband worn by the men in this region.

METER : $\frac{6}{8}$ counted as ♩ ♩ ♩ Here the dance is written as if the meter were $\frac{2}{4}$

STYLE : Heavy, weight over both feet. Knees bent, upper part of body erect.
 A slight bend of the knees with each stamp.

FORMATION : Lines with hands crossed in front (left over right).

Fig. (i)

meas	cnt	dir	
1	1	← ⊕	Swing L up and to L
	2		step on L to L
2	1		cross R behind
	2		step on L to L
3-4		⊕ →	swing R up and to R
5-16			repeat meas 1-2 (opp ftwk and dir)
			repeat meas 1-4, 3 more times

Fig.(ii)

1	1	⊙	step L to L
	2		stamp R next to L, facing diag L
2	1	⊙	step R to R
	2		step L to L
3	1		step R to R, step L to L
	2		step R to R
4-6			repeat meas 1-3
7	1	⊙	step L to L
	2		stamp R next to L (facing diag R)
8	1		" " " "
	2		" " " "
9	1	↑	step fwd R
	2	⊕	hop R
10	1		step fwd L
	2		hop L
11	1	⊙	step R
	2		stamp L next to R
12	1		step L
	2		stamp R next to L
13-14		⊕ ↓	repeat 9-10 backwards
15	1	⊙	step R (facing diag R)
	2		stamp L next to R
16	1		" " " "
	2		hold
17-32			repeat meas 1-16

Fig.(iii)

				<u>Shouts</u>
1		⊙	step on L, swinging R foot fwd	ee!
2			place R heel in front of L foot (toes pointing towards L)	ha!
3	1		twist R foot to R (heel stays on ground)	ee!
	2		twist R foot back to L (shoulders follow the movement)	ha!
4	1	↑	step R fwd.	
	2	⊕	hop R	
5	1		step L fwd	
	2		hop L crossing R knee in front of L	
6	1	⊕	step R bkws crossing L knee in front of R	
	2	↓	step L bkws " R " " " " L	
7			repeat meas 6	
8	1	⊙	Jump on both feet apart, facing diag R	
	2		hold	
9-16			repeat meas 1-8	

KUCATA

REGION : Men's dance from Dobruzdja
Kucata means "the cripple"

METER : $\frac{7}{8}$ ♩ ♩ ♩ .

STYLE : Knees bent, upper body straight. Heavy limping movements.
Strong and elaborate arm movements.

Note : Belcho recommended that the dance should be taught without the arm movements. He has given us some basic arm movements - but it is difficult to master the style.

FORMATION : Free formation. Hands clasped behind back.

Fig.(i)

meas	cnt	dir	
1	1	⊙ →	touch L foot in front of R
	2		hold
	3		step fwd onto L
2	1		repeat meas 1 with opp ftwk
	2		heavy spring fwd onto L
	3		" " " " R
4	1		" " " " L
	2		heavy stamp R next to L (with no weight)
	3		hold
			heavy spring fwd onto R
5-16			repeat meas 1-4, 3 more times

Fig.(ii)

1	1	⊙ →	bounce on R, stretching L fwd
	2		step lightly onto L, crossing in front of R
	3		step heavily on R to R and behind L
2	1	○	close L to R
	2		hold
	3		low spring onto L in place, stretching R fwd
3-4		← ⊙	repeat meas 1-2 with opp ftwk and dir
5-8			repeat meas 1-4
9-12		○	repeat Fig.(i) meas 1-4, in place
13-16			repeat meas 9-12

Fig.(iii)

1-3		⊙ →	repeat Fig.(ii) meas 1, 3 times
4		○	repeat Fig.(ii) meas 2
5-8		← ⊙	repeat meas 1-4 with opp ftwk and dir
9-16			repeat meas 1-8

Fig.(iv)

1-4			repeat Fig.(ii) meas 1-4
5	1	○	heavy hop on R with L slightly raised in front
	2		step on L next to R
	3		" " R " " L
6			repeat meas 13
7	1		step L in place
	2		" R " "
	3		" L " "

KUCATA (cont'd)

Fig.(iv) (cont'd)

meas	cnt	dir
8	1	
	2	
	3	

9-16



stamp R next to L
hold
low spring onto R in place, stretching L fwd
repeat meas 1-8
on meas 16 cnt 3 spring fwd onto R (in LOD)

ARMS

Fig.(i)

meas	cnt
------	-----

hands clasped behind back

Fig.(ii)

1	1
	2
	3
2	1
	2
	3

stretch arms fwd
swing arms down and backwards
swing arms fwrds
arms to 'W' position
raise elbows very slightly
arms back to 'W' position
repeat meas 1-2, 3 more times
hands clasped behind back

Fig.(iii)

1-3
4

repeat arm movements of Fig.(ii) meas 1, 3 times
" " " " " " meas 2, 1 time
repeat meas 1-4, 3 more times

Fig.(iv)

1-4
5-8
9-16

repeat Fig.(ii) meas 1-2
hands clasped behind back
repeat meas 1-8