

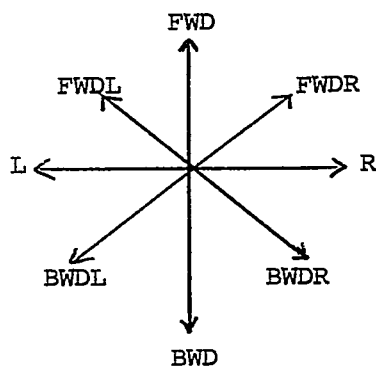
BULGARIAN DANCE NOTES

SIFD SUMMER SCHOOL YORK

August 1994

Terminology

Body Direction



FWD = Forward

BWD = Backward

FWDL = Forward left

BWDL = Backward left

FWDR = Forward right

BWDR = Backward right

L = Left

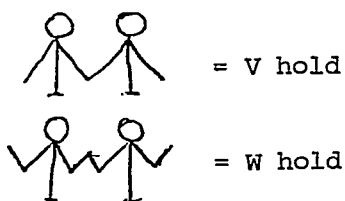
R = Right

SVIVKA = one leg is bent (touching the ground or in the air)

SPOUCAK = from svivka, straighten leg

PLIÉ = from straight legs, bend both knees

Arm Holds



1. OGRAZDENSKO 8/8 rythm from the PIRIN region.

Arms = stretched out shoulder hold

Introduction  $\approx$  2 bars. The dance should be done continually bouncing on the ball of the foot of the supporting leg.

Figure 1  $\approx$  16 bars

Body FWDR

Bar 1 ① step R  
② point L across R in front.  
③ step L

Bars 2-3 repeat bar 1

Body FWDL

Bar 4 ① step L  
②-③ point R across L in front

Bars 5-16 repeat bars 1-4.

Figure 2 = 16 bars

Before Bar 1 R leg is in high svivka position

Body FWDL

Bar 1 ① spoucak down with R foot  
② make an arc with R foot and turn FWDR  
③ step onto R, high svivka with L leg

Bar 2 ①-② draw vertical O with L leg high to low slightly sweeping ground, raising up onto R ball of foot  
③ step L across R in front

Bars 3-6 repeat bars 1-2

Bar 7 ① start turning towards R shoulder, bring R hand up above head, L hand onto waist, step R  
② turning towards R shoulder step L  
③ having turned 360° step R, L leg free

Bar 8 ①-② join L ft to R in place, plie, arms back into shoulder hold  
③ straighten legs

Bars 9-16 as 1-8.

Figure 3 = 16 bars

Body FWD

Bar 1 ① step R ft to R with plie  
②-③ straighten up and close L ft to R.

Bars 2-3 as Bar 1

Bar 4 as Bar 1 but opposite direction i.e. L ft to L etc.

Bars 5-16 as 1-4.

Figure 4 = 16 bars

Bdy FWD

Before Bar 1 R leg is in high svivka position

Bar 1 ①-② straighten R leg across L, bend L knee & draw O to R with R ft, then straighten L leg  
③ step onto R ft, L free

(Ograždensko contd)

Bar 2 ①② with L ft draw 0 parallel to ground BWDL to FWDR  
③ bring L leg into high svivka

Bar 3 ①③ Pause

Bar 4 ① bend supporting R knee, point L ft (straight leg) across R  
② pause  
③ bring L leg into high svivka

Bars 5-8 as Bars 1-4 but starting L leg

Bars 9-16 as Bars 1-8

Figures 1,2,3,4 repeat x 2.

2. CERKEZKO 9/8 rythm from Northern Bulgaria, near Veliko Turnovo

Arms = V hold

Introduction = 2 bars

Figure 1 = 2 bars

Body R

Bar 1 ① step R ft forward toes first  
② step L ft " " "  
③ step R ft " " "  
④ step L, step R

Bar 2 repeat Bar 1 starting L ft

Figure 2 = 4 bars

Body FWD

Bar 1 repeat Fig. 1, arms move from V to W hold, body leans fwd and straightens as arms go up

Bar 2 ① hop onto L ft,  
② hop onto R ft, heel place L  
③-4 step onto L ft, draw vertical 0 with L leg low to high, hop onto R ft, heel place L

Bars 3-4 as Bars 1-2 but moving bwds out of 0 (for Bar 3 arms move from W to V hold)

Figure 3 = 4 bars

Repeat Fig. 1 x 2

Figure 4 = 4 bars

As Fig. 2

Figure 5 = 4 bars

Body R

Bar 1 ① point R ft fwd, straight leg, L supporting leg bent  
② pause  
③ step back with R ft to join L, draw vertical 0 with L leg low to high  
④ hop onto L, heel place R

(Cerkezko contd)

Bars 2-4 repeat Bar x 3

Figure 6 = 8 bars

Body R leaning forward

- Bar 1 ① hop onto R, kick L up behind  
② hop onto L, " R " "  
③ repeat 1  
④ step L,R

Bar 2 repeat Bar 1 starting with L ft

Bars 3-8 as Bars 1-2 x 3

Figure 7 - repeat Fig. 5

Figure 8 - repeat Fig. 6

Figure 9 = 8 bars

Body FWD

Bars 1-2 as Fig. 1

arms from V to W hold, body leans fwd then straighten

Bars 3-4 repeat Fig. 1 backwards

arms from W to V hold

Bars 5-8 as Bars 1-4

Figure 10 = 8 bars

Body FWD

- Bar 1 ① hop to R from L onto R ft  
② hop onto L behind R ft  
③ hop onto R in place, draw vertical O with L leg low to high  
④ hop again R, heel place L

Bar 2 repeat starting with L ft

Bar 3 repeat Fig. 2 Bar 2 with opposite footwork

- Bar 4 ① jump onto both ft apart toes facing towards centre O  
② jump onto both ft parallel  
③ repeat 1  
④ repeat 2

Figure 11 repeat Fig. 9

Figure 12 repeat Fig. 10

Figure 13 repeat Fig. 3

Figure 14 repeat Fig. 2

Figure 15 repeat Fig. 3

Figure 16 repeat Fig. 2

Figure 17 repeat Fig. 2.

3. MAKEDONSKA KITKA · 9/8 rythm from the PIRIN region.

Arms = stretched out shoulder hold

Introduction = 16 bars

Figure 1 = 16 bars

Body R

Bar 1 ① step R  
② pause  
③ step L  
④ step R

Bar 2 as Bar 1 starting with L ft

Bar 3 Body FWDR, Before the step begins, R leg is in high svivka

① stretch R leg down in front of L leg, start to draw a 0 with R leg from L to  
②-③-④ continue drawing 0 with R leg from L to R

Bar 4 ①-②-③ continue then finish drawing 0 with R leg  
④ take R leg up into high svivka

Bars 5-6 as Bars 1-2

Bar 7 as Bar 3

Bar 8 as Bar 4 but on 4 finish drawing 0 with R ft and step onto it - L ft free

Figure 2 - as Fig. 1 but starting with L ft and body facing L

Figure 3 = 8 bars

Bars 1-4 as Bars 5-8 Fig. 1

Bars 5-8 as Bars 1-4 starting with L ft.

Figure 4 = 16 bars

Body FWD

Bar 1 ① sway to R  
② pause

Bar 2 ① sway to L  
② pause

Bar 3 ① sway to R  
② pause

Bar 4 ① step with L ft into centre, lift R ft up behind  
② pause

Bar 5 ① step with R ft back in place  
② pause

Bar 6 as Bar 2

Bar 7 as Bar 1

Bars 9-16 as Bars 1-8

Figure 5 = 8 bars

Body R

Bar 1 ① hop onto R ft fwd, L closed svivka behind  
② hop onto L ft fwd, R closed svivka behind  
③ " " R " " , L " " "  
④ " " L " " , R " " "

(Makedonska Kita contd)

Bar 2 ① hop with L ft, point R leg fwd stretched  
② hop onto R ft fwd, point L leg fwd stretched  
③④ as ①② but starting R

Bar 3 as Bar 1

Bar 4 as Bar 2

Bars 5-8 as Bars 1-4

Figure 6 = 8 bars

Body FWD

Bar 1 as Bar 2 of Fig. 5

Bar 2 ① hop with L, R leg from open high svivka start to draw 0 from L to R  
② hop with L, continue 0  
③ hop with L, " 0  
④ hop onto R in place, left ft free

Bars 3-4 as Bars 1-2 but hop with R ft first

Bars 5-8 as Bars 1-4

Figure 7 = 8 bars

Body FWD

Bar 1 ① hop with L ft in place, R ft stretched out low in front  
② " " " " " " " " " " " " " "  
③ " " " " " " " " " " " " " "  
④ hop onto R ft in place, L ft closed svivka behind

Bar 2 as Bar 1 but hop with R ft first

Bar 3 as Bar 1

Bar 4 ① hop onto L ft, R ft close svivka behind and across L leg  
② pause  
③ hop onto R ft, L ft closed svivka behind and across R leg  
④ as ①

Bars 5-8 as Bars 1-4

Figure 8 as Fig. 5

Figure 9 as Fig. 6 but on Bar 8 ② jump both ft together parallel.

4. ZAMANSKA IGRA 9/8 rythm from the DOBRUDJA region  $\text{\textcircled{R}}$

All the steps are made from toe to heel.

The line of dance is to the Right.

Variations for the Dance

Variation 1

Upper body FWD/Lower body in direction of dance

- ① step R fwd
- ② pause
- ③ step L fwd
- ④ step R fwd

(This variation may begin with L ft and be danced in all directions)

Variation 2

Danced in place

- ① step R in front, L stays in place
- ② pause
- ③ step L in place
- ④ step R parallel to L & knees bend, lift L up

(This variation may begin with L ft)

Variation 3

As for variation 1 but turning around R shoulder 360°, arms tucked into body.

Variations for the Spoons

Variation 1

- 1 Bar
- ① RL
  - ② pause
  - ③ RL
  - ④ RL

Variation 3

- 1 Bar
- ① RL
  - ② RL
  - ③ RL
  - ④ RL

RL = click R & L together

R,L = click first R then L

Variation 2

- 1 Bar
- ① RL
  - ② R,L
  - ③ R
  - ④ RL

Variation 4

- 1 Bar
- ① RL
  - ② -
  - ③ -
  - ④ -

Introduction = 8 bars

STEPS

SPOONS

Figure 1 = 16 bars

Variation 1 in the line of dance..... Variation 1  
 R hand held high above head in the line of dance  
 L hand held in V hold but bend fwd

Figure 2 = 16 bars

Bars 1-2 Variation 1 in the line of dance ..... Variation 3  
 Bar 3 Variation 1 in the line of dance backwards.....Variation 1  
 swing arms back down to sides  
 Bar 4 1-2 plie.....Variation 1  
 arms parallel in front, bent at elbow, hands raised above head.  
 Bars 5-8 as 1-4 but in opposite direction of dance starting L fwd  
 Bars 9-16 as 1-8

Figure 3 = 16 bars

Bar 1-3 Variation 2 starting R ft then L ft, then R ft.....Variation 2  
 Bar 4 ①② Plie.....Variation 1  
 ③④ straighten up



Bars 5-8 as 1-4 starting L ft then R ft, then L ft

Bars 9-16 as 1-8

Figure 4 = 16 bars

Bars 1-4 Variation 1 in the line of dance.....Variation 1

Bar 5 Variation 3 .....Variation 4

Bars 6-8 Variation 1 in the line of dance L ft leading .....Variation 1

Bars 9-16 as 1-8

Figure 5 = 8 bars

Bars 1-8 Variation 1 opposite direction to the line of dance .....Variation 1

Figure 6 as Fig. 1

Figure 7 as Fig. 2

Figure 8 as Fig. 3 Bars 1-8

5. IZRUCHANKA 2/4 rythm from North Bulgaria

Introduction = 16 bars

Figure 1 = 16 bars

Body R

Bar 1 ① step R  
② step L

Bar 2 ① step R  
② step L

Bar 3 ① large step R  
② lift L fwd

Bar 4 ① step L  
② lift R fwd

Bar 5 ① step R Body FWD  
and bring L ft into open svivka across R leg  
② stretch L ft down and across R leg  
and pause

Bar 6 ① step L  
② step R across L

Bar 7 ① step L  
② step R behind L

Bar 8 ① step L  
② bring R leg into svivka, turn body to R

Bars 9-16 as 1-8

Figure 2 = 32 bars

Body R

Bar 1 ① small hop onto R  
and " " " L  
② " " " R  
and pause

Bar 2 ① small hop onto L  
and " " " R  
② " " " L  
and pause

Bar 3 ① drop onto R ft  
and bring L into open svivka to side  
② drop onto L ft  
and pause

Bar 4 ① step L  
② hop with L, bring R into svivka

Bars 5-8 as Bars 5-8 of Fig. 1 but with hops instead of walks.

Bars 9-32 as Bars 1-8



(Izruchanka contd) 2

Figure 3 = 4 bars

Body FWD

- Bar 1 ① step R & sway to R, leave L in place  
② pause
- Bar 2 ① sway towards L ft  
② pause
- Bar 3 ① sway towards R ft  
② pause
- Bar 4 ① sway towards L ft  
② pause

Figure 4 = 16 bars

Body FWD

- Bar 1 ① place R ft diagonally in front, stretched out  
and step L leg (bent) forward  
② place R ft stretched out in front  
and step L leg (bent) fwd
- Bar 2 as Bar 1
- Bar 3 ① drop onto R ft fwd  
and bring L ft fwd and stretch  
② drop onto R ft
- Bar 4 ① step L fwd  
and hop from L  
② land on L  
and raise R ft into svivka
- Bar 5 ① jump both feet together bwds  
② hop onto R ft in place, L ft from high svivka into stretch across R ft
- Bar 6 as Bar 5 but starting with L ft
- Bar 7 as Bar 5
- Bar 8 as Bar 5 but starting with L ft
- Bars 9-16 as Bars 1-8

Figure 5 = 16 bars

Body FWD

- Bar 1 ① stamp R ft stretched out in front of L ARMS held extended slightly behind bod  
hands with palms facing away  
fingers pointing down  
and step L fwd slightly ARMS bend elbows  
② stamp R ft stretched out in front ARMS stretch down  
and pause
- Bar 2 as Bar 1 starting L ft first
- Bars 3-4 as Bars 1-2
- Bar 5 ① swivel L ft heel fwds, step R ft bwds  
② " R ft " " " L " "
- Bar 6 as Bar 5
- Bar 7 ① hop onto R in place  
and " " L " "  
② " " R " "  
and stamp L heel to R toe

(Izruchanka contd)

Bar 8 ① hop onto L in place  
and " " R " "  
② " " L " "  
and pause

Bars 9-16 as 1-8

Figures 6 & 7 as Figs. 4 & 5

Figure 8 = 32 bars as Fig. 1

Figure 9 as Fig. 2

Figure 10 as Fig. 4

Figure 11 as Fig. 5

Figure 12 as Fig. 8

6. MAKEDONSKO BAVNO      rythm 8/8 + 7/8      from the PIRIN region.

There is a continuous gentle bouncing on the balls of the feet throughout the slow part of the dance.

Arms = stretched out shoulder hold.

Introduction = 16 bars

Figure 1 = 12 bars

Body FWDR

Bar 1 ① step R

② point L across R in front

③ step L across R in front

Bar 2 Before bar 2 R leg is in high svivka position

①② draw a 0 with R ft from low to high, L to R

③ step onto R

Bar 3 ①② L leg starts in an open svivka behind, and swings fwd into fwd open svivka

③ pause

Bar 4 ① gentle bounce on R, straighten L leg in front

② " " " " " 2 " " "

③ step L

Bar 5 . turn towards L shoulder while R leg swings around into open svivka to face opposite direction to the line of dance

Bar 6 pause

Bars 7-12 as Bars 1-6

Figure 2 = 10 bars

Bar 1-5 as Bars 1-5 Fig. 1

Bars 6-10 as Bars 1-5

Makedonsko Bavno contd)

Figure 3 = 18 bars

Body FWD

Bar 1 ① step R fwd  
② step L in place  
③ step R back next to L

Bar 2 ① step L fwd  
②-③ bring R leg round in open svivka and stretch to poise in front of L  
(not touching ground)

Bar 3 ① pause  
② pause  
③ step onto R

Bar 4-6 as Bars 1-3 starting L

Bar 7-12 as Bars 1-6

Bar 13 ① step R backwards  
② step L       "  
③       " R       "

Bar 14 ① step L backwards  
② step R       "  
③       " L       "

Bar 15-18 as Bars 13-14 x 2

Figure 4 as Fig 3

Figure 5 = 4 bars

Body FWD

Bar 1       step R to the side and bounce on it x2, leaving L in place  
Bar 2       sway to the L               "       "       "       "       "       "       R       "       "  
Bar 3       "       "       " R               "       "       "       "       "       "       L       "       "  
Bar 4       "       "       " L               "       "       "       "       "       "       R       "       "

Figure 6 = 16 bars

Body R

Bar 1 ① step R  
② hop on R  
③ step L

Bars 2-8 as Bar 1 x 7

Body FWD

Bar 9 ① drop onto R in place, kick L fwd  
② hop onto L  
③ hop onto R

Bar 10 ① hop onto L  
② hop onto R  
③ hop onto L

Bars 11-16 as Bars 9-10 x 3

Figure 7 as Fig. 6

(Makedonsko Bavno contd)

Figure 8 = 16 bars

Body R

Bar 1 ① step R  
② hop on R  
③ step L

Bar 2 as Bar 1

Bar 3 ① hop onto R, body turning towards R shoulder  
② hop onto L " " " " "  
③ hop onto R " " " " " to complete 360° turn.

Body FWD

Bar 4 ① hop onto L, point R ft across L leg  
② pause  
③ hop on R " L " " R "

Bars 5-8 as Bars 1-4 moving first to L

Bars 9-16 as Bars 1-8

Figure 9 = 32 bars as Fig. 6 x 2

Figure 10 as Fig. 8

Figure 11 = 3 bars

Body FWD

Bar 1 ① hop onto R, point L ft across R leg  
② hop onto L, " R " " L "  
③ hop onto R, L ft into low svivka

Bar 2 ① hop onto L  
② hop again on L, draw a vertical 0 with R leg from high to low  
③ hop onto R

Bar 3 ① hop onto L  
② stamp R to L  
③ pause.