

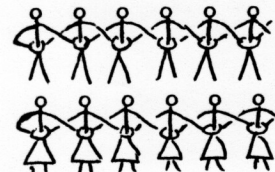
IZFÜRLI KONDAK -- North Bulgaria

Beg.

Изфърли Кондак

(Line dance for men and women separately, no partners)

Record: Folkraft LP-26, side A band 2 (2:37)--gajda & gǔdulka.
Starting Position: Belt hold. Feet spread wide apart, weight on right foot.



Music 6/8

Measure

VARIATION Ia

- 1 [d.] Shift weight to left foot, leaning slightly to left (count 1),
 [d.] Flex knees slightly (count 2).
 2 REPEAT pattern of measure 1 reversing direction and footwork.
 3-4 REPEAT pattern of measures 1-2.
 5-7 Turning to face slightly and moving left, six running steps forward starting with left foot. (Note: there is more emphasis on the right foot than on the left, almost a running on ball of left foot but on whole right foot.)
 8 [d.] Hop on right foot, swinging left foot in a small arc and turning to face slightly right (count 1),
 [d.] Facing slightly and moving right, step forward on left foot (count 2).
 9 [d.] Two running steps (right, left) forward (counts 1-2).
 10 [d.] Turning to face center, step sideward right on right foot, leaning slightly to right and keeping left foot in place so feet are spread wide apart (count 1),
 [d.] Flex knees slightly (count 2).

VARIATION Ib -- Stamp

As Ia above except stamp during the running steps of measures 5-7.

VARIATION III -- Men only

- 1-6 As I above (only four running steps).
 7 [d.] Jump on both feet, turning to face slightly right and bending knees slightly (count 1),
 [d.] Jump up, high, in place bending both knees to tuck feet up behind (count 2).
 8 [d.] Land on both feet, bending knees slightly (count 1), pause, freeing right foot (count 2).
 9-10 As I above.