

Statewide '85
**FIESTA
FOLKLORICA**

Folk Dance Festival

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University of California Santa Barbara

INSTITUTE MAY 25-26, 1985

Sponsored by:

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May 25-26, 1985

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AJ DA IDEM JANO
Bulgaria

This is a popular dance-song from the region of the town, Sandanski, in southern-Pirin.

TRANSLATION: Let's go, Jano.

RECORD: "Folk Dances from Bulgaria," Balkanton BHA 10441, Side 1, Band 5.

STYLE: Macedonian: light, bouncy and leapy.

FORMATION: Half or open circle, Hands joined in "V" pos.

METER: 2/4

PATTERN

Meas.

INTRODUCTION: 8 Meas.

PART 1:

- 1-2 Facing and moving in LOD, step R-L (ct 1-2);
- 2 Step R-L (cts 1-8);
step on R, bending R knee (ct 2-8).
- 3 Repeat meas 2, with opp ftwk.
- 4 Leap R sdwd R, raising L knee in front and turning to face ctr (ct 1);
leap L in front of R (ct 8);
leap R in place (ct 2).
- 5 Facing ctr and moving sdwd L,
step L sdwd L (ct 1);
step R in front of L (ct 2).
- 6 Step L sdwd L (ct 1);
step R in front of L (ct 8);
step L sdwd L (ct 2).
- 7 Small step bkwd on R, bend slightly fwd and swing arms bkwd (ct 1);
step L next to R (ct 8);
small step R fwd, straightening body (ct 2).
- 8 Repeat meas 7, with opp ftwk.

PART 2:

- 1-6 Repeat meas 1-6 of Part 1. (RL,RLR w/bend; LRL w/bend; leap RLR)
- 7 Jump on both ft in place, bend both knees (ct 1);
- 8 Turning twd LOD in the next 2 cts:leap on R, swinging L heel bkwd (ct 1);
leap on L, swinging R heel bkwd (ct 2).

PART 3:

- 1-5 Repeat meas 1-5 of Part 1. (RL; RLR w/bend; LRL w/ bend; leap RLR; L sd, Rx)
- 6 Leap on L, turning to face LOD (ct 1);
still facing LOD, step R bkwd (ct 8);

PART 3:

- 1-5 Repeat meas 1-5 of Part 1. (RL; RLR w/bend; LRL w/ bend;
 leap RLR; L sd, Rx)
- 6 Leap on L, turning to face LOD (ct 1);
 still facing LOD, step R bkwd (ct &);
 step L in place (ct 2).
- 7 Repeat meas 6, with opp ftwk and dir.
- 8 Turning twd LOD in the next 2 cts:
 hop on R, raise L knee fwd (ct 1);
 leap on L, swing R heel bkwd (ct 2).

DANCE SEQUENCE:

Introduction: 8 meas
 Part 1 3x
 Part 2 1x
 Part 3 3x
 Part 2 1x
 Part 1 3x

N.B. Finish the dance by slowing down the last 2 meas and adding
 a close and step R next to L.

Presented by Jaap Leegwater
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Description by Jaap Leegwater © 1983

- 2 Leap on R, swing L fwd along the floor (ct 1); leap on L, swing R along the floor (ct 2); repeat ct 1 (ct 3); step on L with straight knee in front of R (ct I-II); step R back in place (ct III).
- 3-4 Repeat meas 1-2 with opp ftwk, on last ct arms: V pos.
- 5-8 Repeat meas 5-8 of Part 3.

PART 5:

- 1 Repeat meas 1, ct I-II of Part 4 (ct I-II), stamp R heel beside L toes (ct III).
- 2 Leap on R (ct 1); stamp L heel beside R toes (ct &); leap on L (ct 2); stamp R heel beside L toes (ct &); leap on R, as L swings sdwd along the floor with a straight knee (ct 3); L moves fwd along the floor (ct &); step L in front of R with a straight knee (ct I), step R back in place (ct II-III).
- 3-4 Repeat meas 1-2 with opp ftwk.

Presented by Jaap Leegwater
UCSB Statewide 1985

Description by Jaap Leegwater & Bianca de Jong 1982

GRAOVSKO
Bulgaria

This is one of the most characteristic dance rhythms of the Sop ethnographical region.


This version of Graovsko was taught by Ivan Donkov at Jaap Leegwater's 2nd Annual Summer Dance Seminar in Bulgaria 1982.

TRANSLATION: A dance from the Graovo district in western Šopluk.

RECORD: "Nišava", LP NIS1212, Side I, Band 2; or
"Bulgarian Folk Dances", by Jaap Leegwater, Nevofoon LP 15025, Side I, Band 2; or
any other Graovsko Horo.

FORMATION: Open or half circles. Join in belt hold (L over R) (Za pojas or Na jolan).

STYLE: Sopski
Small energetic steps. The upper part of the body moves slightly fwd in coordination with the lifting of the knees. Keep the shldrs relaxed so they can bounce with the rhythm of the steps. The Bulgarians call this "natrisane."

RHYTHM: The typical  Graovo rhythm is clearly to be recognized in the accompaniment of the music and reflected in the light, bouncy and almost "witty" performing style of the Graovo dancer.

Another typical Šop feature in this dance is the 10 meas dance phrase of the basic pattern, often performed to a 8 meas musical phrase. This we also find in other dances of Šopluk, like Šelsko Sopsko Horo, Za Pojas and Kjustendilska Račenica.

The tempo of Graovsko Horo is moderate and somewhat slower than dances from other parts of the area. It is done as a separate dance and sometimes also as an introduction to the small stepped and faster Sitno Sopsko Horo.

STEPS: The difference figures are called by the leader.

Meas. Sopska:
1 R knee is up, L knee slightly bent (ct &);
touch ball of R ft beside L toes, straightening both knees (ct 1);
lift R knee in front, slightly bending L knee (ct &);
low leap R across L, lift L knee (ct 2).
N.B. This step is called Sopska R;
when starting with L ft, Sopska L.

Zaluša:

- 1 R knee is up, L knee slightly bent (ct &);
touch ball of R beside L toes, straightening both
knees (ct 1);
lift R knee in front, bend L knee slightly
low leap on R across L, lift L knee (ct 2).
Note: Lean slightly L, look R across shldr (ct 1).
N.B. This step is called Zalusa R;
when starting with L ft, Zalusa L.

Nošica (Scissors):

- 1 Bend both knees slightly (ct &);
small leap on R, extending R toe along floor (ct 1);
repeat ct L with opp ftwk (ct &);
repeat ct 1 (ct 2).
N.B. This step is called Nosica RLR;
when starting with the L, Nosica LRL.

Graovka:

- 1 Low hop or čukče on L (ct 1);
step R-L (ct &, 2)
N.B. This step is called Graovka L;
when starting with R ft, Graovka R.

METER: 2/4

PATTERN

Meas.

INTRODUCTION: 20 meas

PART 1: BASIC

- 1-2 Do 2 Graovka's L, slightly diag R bkwd in LOD.
3-4 Do 2 Sopska's, R & L in LOD.
5 Turning body to face ctr,
step R sdwd R (ct 1);
hop on R as L is lifted in front (ct 2).
6 Still facing ctr and moving sdwd L,
hop on R (ct 1);
step on L (ct &);
step R across L (ct 2).
7 Hop on R (ct 1);
step on L (ct &);
step R behind L (ct 2).
8a Jump on both ft (tog) in place (ct 1);
hop on L as R swing diag R bkwd (ct 2);
9a Zaluša R.
10a Zaluša L.