This dance comes from Sandanski, Pirin region of Bulgaria. First introduced by Ventzi Sotirov in Japan April 2004.

Meas.: 7/8 (123)

Formation: "W" hold, mixed line or open circle

Meas.

Intro.

1-8 Wait

Fig. 1 (singing part)

- Facing diag. to CCW, Slight lift on L, bring R ft up slightly (ct.1); Step on R fwd(ct.&); Slight lift on R, bring L ft up slightly fwd and bend body slightly fwd(ct.2); Step on L fwd(ct.3)
- 2 Repeat Meas. 1
- Slight lift on L(ct.1); Step on R to R(ct.&); Step on L in front of R(ct.2); Step back on R(ct.3)
- 4 Repeat Meas.3 with opp. ft and direction
- 5-12 Repeat Meas.1-4, 2 more times (total 3 times)

Fig. 2

- Facing diag. LOD, Slight lift o L(ct.1); Step on R fwd(ct.&); Touch L toe next to R(ct.&); Hold(ct.3)
- 2 Repeat Meas.1 with opp. ft
- 3-4 Repeat Fig.1, Meas.3-4
- Slightly lift on L(ct.1); Step on R fwd(ct.&); Step back on L(ct.2); Step on R in place(ct.3)
- 6 Repeat Meas.5 with opp. ft
- 7-8 Repeat Meas.3-4

Fig. 3

- Facing diag. LOD, Hop on L(ct.1); Step on R fwd and bend knee(ct.&); Step on L next to R and slightly kick R ft fwd(ct.2); Step on R fwd(ct.3)
- Hop on R, slightly kick L ft fwd(ct.1); Step on L fwd(ct.&); Hop on L, slightly kick R ft fwd(ct.2); Step on R fwd(ct.3)
- Hop on R(ct.1); Step on L across R(ct.&); Slight hop on L(ct.2); Slight hop on L again(ct.ah); Step on R bkwd, leave L heel on floor(ct.3)
- Hop on R(ct.1); Step on L to L and face ctr.(ct.&); Step on R in front of L(ct.2); Step back on R(ct.3)
- 5-8 Repeat Meas.1-4

Sequence: Intro-2-3-1-2-3-1-2-3

Presented by Ventzi Sotirov Dance notes by Fusae Senzaki ©May, 2004 by Fusae Senzaki