

Napred Nazad

This is a dance from the village of Eliseina (Middle Northwest Bulgaria). It is a male-female dance in 2/4.

Starting position: The dancers stand in a semi-circle facing the centre. Belt hold. ("Na lesa")

First figure: Forward-Back - 8 Measures**First Measure:**

1. Facing centre, step forward on R foot
2. Facing centre, step forward on L foot

Second Measure:

Same as First

Third Measure:

1. Facing centre, step backward on R foot
2. Facing centre, step backward on L foot

Fourth Measure:

Same as third

5-8 Measures - as a 1-4

Second figure: Jump and Touch**First Measure:**

1. Hop on L foot and touch the floor with R foot while crossing the L in front of R
2. Hop on L foot and touch the floor with R foot to the right

Second Measure:

Same as first

Third Measure:

1. Step backward on R foot; Step backward on L foot
2. Step backward on R foot

Fourth Measure:

Same as third

Fifth Measure:

1. Step forward on R foot; Step forward on L foot
2. Step forward on R foot

Sixth Measure:

1. Step forward on L foot; Step forward on R foot
2. Step forward on L foot

Seventh Measure:

1. Step backward on R foot; Step backward on L foot
2. Step backward on R foot

Eighth Measure:

1. Step backward on L foot; Step backward on R foot
2. Step backward on L foot

After the performing of Figure 1 and Figure 2 twice (only in the very beginning of the dance) dancers turns to the R and dance 8 measures (the basic dance pattern):

- At "one" - step on R foot to the R
- At "and" - step on L foot to the R
- At "two" - step on R foot to the R

Description of the dance:

- Figure 1- 8 measures
- Figure 2- 8 measures
- Figure 1- 8 measures
- Figure 2- 8 measures
- Basic dance pattern - 8 measures
- Figure 1- 8 measures
- Figure 2- 8 measures
- Basic dance pattern - 8 measures
- Figure 1- 8 measures
- Figure 2- 8 measures
- Basic dance pattern- 8 measures

...