

The dance is from Strándza Mountains in South East Thrace.

The dance is done in an open circle with hands held down.

One measure consists of 13/8 + 9/8 (QQSQQ + QSQQ)

**Figure 1 - 2 measures to the right side in a circle**

**Measure 1**

- 13/8
1. Step on the right foot in LOD
  2. Step on the left foot in LOD
  3. Step on the right foot in LOD
  4. Step on the left foot in LOD
  5. Lift on the left foot in LOD
  6. Step on the right foot in LOD

- 9/8
1. Step on the left foot in LOD
  2. Step on the right foot in LOD
  3. Lift on the right foot in LOD
  4. Step on the left foot in LOD

**Measure 2**

- 13/8
1. Step on the right foot in LOD
  2. Step on the left foot in LOD
  3. Step on the right foot in LOD
  4. Step on the left foot in LOD
  5. Lift on the left foot in place while bending the upper torso slightly forward
  6. Step on the right foot forward

- 9/8
1. Lift on the right foot
  2. Step back on the left foot
  3. Step back on the right foot
  4. Step on the left foot forward

**Figure 2 - 2 measures facing the center**

**Measure 1**

- 13/8
1. Step on the right foot to the right
  2. Step on the left foot behind the right
  3. Step on the right foot to the right
  4. Step on the left foot behind the right
  5. Lift on the left foot in place while bending the upper torso slightly forward
  6. Step on the right foot forward

- 9/8
1. Lift on the right foot in place
  2. Step back on the left foot
  3. Step on the right foot to the right
  4. Step on the left foot across the right foot

**Radi Le 13/8 + 9/8 (QQQSQQ + QSQQ)**

Measure 2

- 13/8
1. Step on the right foot to the right
  2. Step on the left foot behind the right
  3. Step on the right foot to the right
  4. Step on the left foot behind the right
  5. Lift on the left foot in place while bending the upper torso slightly forward
  6. Step on the right foot forward
- 9/8
1. Step to the center on the left foot while turning the body slightly right
  2. Step on the right foot next to the left foot while bending the knees
  3. Lift on the right foot
  4. Step backwards on the left foot

### **Pattern**

Introduction 4 measures

Figure 1 - 2 measures - 2 times

Figure 2 - 2 measures - 2 times

Repeat both figures until the end of the music