

### **Razvrashanata**

*A male-female dance from the town of Elin Pelin, Midwest Bulgaria. It is a version of the "Chetvorno horo" played in the "Shopluk" regions. It derives its name from the fact that the dancers always come back to the starting position, i.e, from where they initially started. Belt hold ("na lessa")*

*Meter: 7/16 (3, 2, 2).*

#### Description of the motions

Motion 1 – "A motion to the right, feet together"

At "one" - the right foot steps forward

At "two" - the left foot is brought back to the right simultaneously touching the ground with the heels.

At "three" - knock with the heels

The movement is performed with the other foot to the left - "A motion to the left, feet together"

Motion 2 – "Forward motion to the right"

At "one" - the right foot steps forward

At "two" - a knock with the right foot, the left one being smoothly extended to an open flexion pointing down with the thigh twisted outward

At "three" - a step with the left foot crossed in front of the right one.

The motion is performed also with the left foot - "A front left motion".

Motion 3 – "Sovai"

At "and" before the motion – the left foot is slightly raised above the ground.

At "one" - a left foot step behind the right, both feet slightly squatting while the right foot heel is twisted inward

At "two" - a right foot step to the right

At "three" - a step with the left foot, crossed before the right one, which is off the ground.

The motion is also performed by the other foot.

Motion 4 – "Double stamping with the heels"

At "one" – the right heel is stamped off the ground forward and to the right

At "one" - a left foot step behind the right, both feet slightly squatting while the right foot heel is twisted inward

At "two" - a right foot step to the right

At "three" - a step with the left foot, crossed before the right one, which is off the ground.

The same motion is also performed with the other foot.

Motion 5 – "Throw" (Hvarli)

Starting position of the feet – the right foot is half bent – the left is in a half-squatting position.

At “one” – the right foot is energetically brought down and stretched out – the left is kept in the half-squatting position.

At “two” - a tap down with the left foot, the right is half bent downward.

At “three” - a step back with the right foot, the left foot is half bent downward.

The same motion is also performed with the other foot.

Motion 6 – “Throw” (Hvarli) and motion on the spot”

At “one” – the right foot is energetically brought down and stretched out – the left is kept in the half-flexed position.

At “two” - a right foot step next to the left foot.

At “three” - a left foot step next to the right foot, which is stretched out in a half flexed position forward.

Motion 7 – “Tapping and hop-over”

At “one” – a right foot tap close to the fingers of the left foot.

At “two” - a hop-over with the right foot a little to the right , the left foot is off the ground.

At “three” - a left foot tap close to the fingers of the right foot.

#### Description of the dance:

First figure – 8 times. A moderate tempo.

1 time. Performance of the motion “Right step, feet together”

2 time. Performance of the motion “Left step, feet together”

3-8 times. Similar to times 1-2.

Figure two – 20 times. A moderate tempo.

1-2 time. Performance of the motion “Right step in front”

3 time. Performance of the motion “Right step, feet together”

4 time. Performance of the motion “Left step, feet together”

5 time. Similar to time 3.

6-7 time. Performance of the motion 2 “Left step in front”

8 time. Performance of the motion “Left step in front”

9 time. Performance of the motion “Right step in front”

10 time. Similar to time 8.

11-20 time. Similar to time 8.

Figure three – 20 times. Tempo gradually speeds up.

1-2 time. Performance of the motion 2 “Right step in front”

3-5 time. Performance of the motion 3 “Sovai”

6-7 time. Performance of the motion 2 “Left step in front”

8-10 time. Performance of the motion 3 “Sovai”

11-20 time. Similar to time 1-10.

Fourth figure – 20 times. Vigorous tempo.

1-4 time. Performance of the motion 4 “Double tapping with heel”

5-10 time. Performance of the motion 5 “Hvarli” (throw)

11-20 time. Similar to times 1-10.

Figure five – 40 times. Extra-vigorous tempo.

1-2 time. Performance of the motion 2 “Right step in front”

3-5 time. Performance of the motion 3 “Sovai”

6-7 time. Performance of the motion 2 “Left step in front”

8-10 time. Performance of the motion 3 “Sovai”

11-12 time. Performance of the motion 4 “Double tapping with the heel”

13 time. Performance of the motion 6 “Hvarli and motion on the spot”

14 time. Performance of the motion 7 “Tapping and hop-over”

15-20 time. Performance of the motion 3 “Sovai”

21-40 time. Similar to times 1-20.