

## Djado Mitjovata

(Bulgaria)

“Grandfather Mitjo’s dance” is an original line dance from the village of Kabile in the Jambol district of Eastern Trakia, Bulgaria. The dance was named after and in honor of one of the village’s beloved and well-respected line leaders, *Djado Mitjo*. Today’s leader, Todor Krâstev, still recalls Djado Mitjo as saying, “The slower and more relaxed the dance, the better. After all, it’s a dance for us elderly folks.” Learned, notated, and recorded in the village of Kabile as danced by the local *folklorna grupa* and played by their musical group in the summer of 1995 during the Folklor Balkana Summer Dance Seminar.

**Pronunciation:** DIGH-doh meet-yoh-VAH-tah

Cassette: Folk dances from Bulgaria, UOP Folk Dance Camp 2000.04, Side A/10                      2/4 meter  
Folk Dances from Bulgaria - JL1997.04, Side B/15.

Formation: Open or half circle. Hands joined in W-pos. Face R of ctr.

Styling: *Trakijski*, and for the performance of this dance in particular: a relaxed and bouncy character, small lift on cts & before each meas.

### Meas

### Pattern

10 meas

### INTRODUCTION

### DANCE

- 1 Moving in LOD, step on R, bringing extended arms fwd and down (ct 1); step (“fall”) on L behind R swinging arms bkwd low (ct &); step on R, swinging arms fwd low (ct 2).
- 2 Step on L across in front of R, arms fwd low (ct 1); step (“fall”) on R slightly behind L heel, arms bkwd low (ct &); step on L, arms fwd low (ct 2).
- 3 Turning to face ctr, step on R slightly sdwd R, arms returning to W-pos (ct 1); bounce on R, swinging L leg in front (ct 2).
- 4 Step on L slightly fwd (ct 1); bounce on L, swinging R leg in front (ct 2).

Note: As an introduction, Jaap danced the pattern a few times with hands in W-pos.

Dance description by Jaap Leegwater, © 1998

Presented by Jaap Leegwater