Gâmzovjana

(Bulgaria)

Gâmza is the name of a famous sort of grape and wine in Bulgaria. Both the name of the dance and the stamping movements in its various parts suggest a connection with the process of wine making and/or the celebration of the wine harvest. Gâmzovjana is a line dance from the Vlach population in N.W. Bulgaria from the district around the town of Vidin. It was researched and learned by Jaap Leegwater in cooperation with Nina Kavardžikova, folklorist, from Bjana Stankova and Cenislav Dokov, dancers from Vidin, Bulgaria during a study trip in November 1991.

Pronunciation:

Music:

Cassette "Folk Dances from Bulgaria" JL1992.01 Side A/4

Recorded by Jaap Leegwater on November 22, 1991 in Vidin, Bulgaria and played by local musicians of the "Vidin Ensemble of Folk Songs and Dances," arranged and conducted by

Genco Gencev.

Meter:

Formation:

Medium length straight lines. Hands held at belt-hold position.

Style:

Vlach/Severnjaški

Light and jumpy

Small and energetic steps

Shoulders are relaxed and gently bounce naturally on the rhythm of the steps.

Direction Meas Ct

Pattern

Introduction. None. The dance starts immediately.

PART 1. "STAMPS"

- & R knee is up in front.
- 1 Stamp R ft next to L toes, bending body at waist.
- 2 Stamp R ft next to L toes.
 - 2 1 Small hop (lift) on L ft with the R knee up in front and straightening the body.
 - 2 Small hop (lift) on L ft.
 - 3 1 Step on R ft.
 - 2 Small hop (lift) on R ft with L knee up in front.
 - 4 1 Same as ct 2 of meas 3.
 - 2 Same as ct 2 of meas 3.
 - 5 1 Slide L ft bkwd along the floor, simultaneously turning R heel in with the ft still on the floor.
 - 2 Step on R ft in place, taking wt off L ft and straightening body.
 - 6 1 Small hop (lift) on R ft with L knee up in front.
 - 2 Repeat ct 1.

Gâmzovjana—continued

	7-8		Repeat meas 5-6.
\uparrow	9	1 & 2	Step on L heel. Step on R ft next to L heel. Step on L ft.
1	10	1 & 2	Step on R heel. Step on L ft next to R heel. Step (fall) onto R ft.
+	11	1 2	Step on L ft. Step on R ft.
	12	1 2	Step on L ft. Lift on L ft, kicking R leg in front.
	13	1 2	Step on R ft. Lift on R ft, kicking L leg in front.
	14-15		Repeat meas 12-13.
	16	1 2	Step on L ft. Lift on L ft, lifting R knee in front.
~7	17-31		Repeat meas 1-15.
5	32	1 2	Bring L leg around close along the floor, making a 1/4 turn, pivot CCW on R ft. Step on L ft sdwd L in the 2nd position.
			PART 2. "BOUNCES"
	1	1 2	Bounce on both heels with emphasis. Bounce on R ft, turning body to face ctr.
[]O,O	2	1	Step on L ft sdwd L in the 2nd position, bouncing on both heels and turning body to face R.
		2	Bounce on both heels.
501	3-4		Repeat meas 1-2, moving 1/2 turn CCW.
	5-8		Repeat action of meas 1-4.
3	9	1 2	Bounce on both heels. Bounce on R heel, turning body to face ctr and moving L ft fwd.
	10-15		Repeat meas 9-14 of Part 1.
501	16	1 2	Step on R ft sdwd R. Making a 1/4 turn, pivot CCW on L ft turning body to face L.
ب	17-31		Repeat meas 1-14.
	32	1 2	Small leap onto R ft, flicking L ft across in front: Small leap onto L ft, flicking R ft across in front.

Gâmzovjana—continued

PART 3. "TAPPING" 1 Low leap onto R ft, slightly bending both knees (demi-plié) and turning body to & Step on the ball of L ft next to R heel, straightening both knees. 2,& Repeat cts 1,&. 2 1,& Repeat cts 1,& of meas 1. 2 Repeat ct 1 of meas 1. & Hold. 3-4 Repeat meas 1-2 with opp ftwk and direction. 5-6 Repeat meas 1-2. 7 1 Hop on R ft, bringing L ft close along the floor around. 2 Leap onto L ft in front of R ft. 8 1 Small leap onto R ft, flicking L ft across in front. 2 Small leap onto L ft, flicking R ft across in front. Styling note for Part 2 and Part 3: Although the body directions change, the direction the head is facing and looking direction remains in place, i.e. facing fwd ctr (front). Repeat the entire dance from the beginning. The dance finishes with Part 1 on meas 16 as follows: 16 Leap onto L ft, lifting R knee in front. 1 2 Stamp R ft next to L ft.

© 1992 Jaap Leegwater Presented by Jaap Leegwater