

# Ginka

(Pirin, Macedonia, Bulgaria)

Ginka is a woman's name in Bulgaria. The dance is transferred to the region of the town of Petrič located on the Bulgarian-Greek border in Pirin Macedonia from the area of the river Vardar in Macedonia. It is done by men and women. Source: Atanas Sinanski - a local researcher and choreographer from the town of Sandanski.

Pronunciation: GIHN-kah.

Cassette: Folk Dances from Bulgaria - NK 1995.03.

Rhythm: 7/8 meter counted 1, 2, 3 or 1 &, 2, 3.

Formation: Open circle. During Fig I performance hands are held in W-position. During Fig II and III hands are in V-pos. Women may hold a handkerchief in R hand.

Styling: Pirin Macedonian: light steps, soft leaps and hops, wavy bounces with ankles mainly.

## Meas

## Pattern

### NO INTRODUCTION.

#### FIGURE I. SLOW

- 1 Facing LOD, tap L heel, lifting R knee fwd and pumping R leg fwd low in anticipation of the next step (ct 1); step fwd on R (ct 2, 3).
- 2 Tap R heel, lifting L knee fwd and pumping L leg fwd low in anticipation of the next step (ct 1); step fwd on L (ct 2, 3).
- 3 Tap L heel, lifting R knee fwd and extending R leg sdwd R (ct 1); keeping LOD step on R to R (ct 2, 3).
- 4 Still facing LOD, step on L in front of R (ct 1); step on R behind L (ct 2, 3).
- 5 Turning to face RLOD, tap R heel, lifting L knee and bringing L ft up, around and behind R (ct 1); facing LOD, step on L behind R (ct 2, 3).
- 6 Turning to face LOD, step fwd on R (ct 1); facing LOD, step fwd on L (ct 2, 3).

#### FIGURE II. FAST

- 1-2 Bringing hands in V-pos, repeat Fig I meas 1-2, replacing taps with hops.
- 3 Keeping LOD, hop fwd on L, lifting R knee and pumping R ft fwd low (ct 1); facing LOD and moving RLOD, hop bkwd on L, bringing R leg in straighten pos next to L with R foot hanging in the air (ct 2); keep moving RLOD, step on R behind L, bending R knee (ct 3).
- 4 Facing and moving LOD, step fwd on L, bending L knee and slowly straightening both knees (ct 1); jump fwd on both ft and bend knees (ct 2, 3).
- 5 Turning to face RLOD, hop in place on R (ct 1); facing RLOD, step on L behind R (ct 2, 3).
- 6 Turning to face LOD, leap in place onto R (ct 1); facing LOD, leap fwd onto L (ct 2, 3).

## Ginka—continued

FIGURE III. ROTATION

- 1-4 Repeat Fig II meas 1-4.
- 5 Starting a turn to R, hop in place on R, turning at 90° (ct 1); continue turning to 180°, hop in place on R (ct 2); continue turning to 270°, hop on L next to R (ct 3). Men bring both arms up beside head (palms at head level), women lift R hand up beside head, L hand at waist (ct 1, 2, 3).
- 6 Completing turning to 360°, hop in place on R (ct 1); facing LOD, hop in place on L (ct 2, 3). Keep hands pos. Drop hands on ct 1 of the next meas.

Optional replacement of Fig II meas 5-6:

- (5-6) Repeat ftwk of Fig II meas 5-6 in place without turning. Drop hands down at sides.

Suggested sequence:

Fig I eight times. Fig II ten times. Fig III four times.

The dance ends during the fifth repetition of Fig III on meas 4.

Presented by Nina Kavardjikova  
Description © 1995 Nina Kavardjikova