

Gruchkoto

(Pirin, Bulgaria)

A "Greek" Bulgarian dance taught by Marie Eftimova Karaleeva. The name means "Greek," and the grapevine steps and rocking steps will probably remind you of a slow (varys) hassapikos.

Pronunciation: Gruch-KOH-toh

Music: "Grchkoto"

4/4 meter

Formation: Open circle. Hands joined in high W-pos.

Styling: Smooth and fairly large.

Meas

Pattern

- 1 Facing diag R and moving in LOD, step on L in front of R (ct 1); leap on R to R (ct 2); step on L behind R (ct 3); step on R to R (ct 4).
- 2 Dancing in place, step fwd on L (ct 1); hold (ct 2); step fwd on R (ct 3); step on L in place (ct 4).
- 3 Step bkwd on R (ct 1); step on L in place (ct 2); step on R to R (ct 3); leap onto L to L (ct 4).
- 4 Moving in RLOD, step on R behind of L (ct 1); step on L to L (ct 2); step on R in front of L (ct 3); turn body to face LOD and bring L ft around, ready to begin again (ct 4).

Variation for meas 2-3: Step fwd on L ft as before (cts 1, 2); instead of stepping fwd, in place, back, in place, simply brush R ft (ct 3); and lift it in front of L shin while lifting L heel from floor (ct 4); then bring R ft behind (ct 1); lift it behind L calf while L heel again lifts from floor (ct 2); as before, step side (ct 3); leap in place (ct 4).

Notes by Lee Otterholt

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