

# Izhvŭrlì Condàk

(Bulgaria)

Izhvŭrlì Condàk is a mixed circle dance from the Kòtlentsi, Dobrudzha area. Figure I is for men and women, but Figures II and III are danced only by men.

Pronunciation:

CD: IBLD#8, "Bulgarian Folk Dances—Summer 2001," Band 9.

Cassette: "Bulgarian Folk Dances—Summer 2001," Side A/9.

Rhythm: 9/8 meter (QQQS) counted as 1,2,3,4.

Formation: Mixed circle, hands joined in V-pos, moving in LOD.

Steps and Styling: The dance starts with Fig I in mixed circle. After several repetitions, the leader gives signal to M, and they go fwd ctr and form another inside circle, then continue dancing Fig II and III. The W dance only Fig I.

## Meas

## Pattern

8 meas INTRODUCTION. No action.

### FIGURE I. (mixed circle, hands remain in V-pos throughout figure)

- 1 Facing in LOD, leap fwd onto R (ct 1); step fwd on L (ct 2); leap fwd onto R (ct 3); step fwd on L (ct 4).
- 2 Leap fwd onto R (ct 1); step fwd on L (ct 2); step fwd on R while turning to face ctr (ct 3); stamp on L next to R, no wt (ct 4).
- 3 Facing in RLOD, step fwd on L (ct 1); stamp R next to L, no wt (ct 2); step fwd on R (ct 3); stamp L ft next to R, no wt (ct 4).
- 4 Step fwd on L in RLOD while turning to face ctr (ct 1); step on R behind L (ct 2); step on L to L side (ct 3); stamp R next to L, no wt (ct 4).
- 5 Facing ctr, step fwd on R (ct 1); step fwd on L (ct 2); step fwd on R (ct 3); stamp L next to R, no wt (ct 4).
- 6 Step bkwd on L (ct 1); step bkwd on R (ct 2); step bkwd on L (ct 3); stamp R next to L, no wt (ct 4).
- 7 In place, gradually turning to the L side, step on R in place (ct 1); step on L in place (ct 2); step on R in place (ct 3); stamp L next to R, no wt (ct 4).
- 8 In place, gradually turning to the R side, step on L in place (ct 1); step on R in place (ct 2); step on L in place (ct 3); stamp R next to L, no wt (ct 4).

### FIGURE II

M form inner circle on meas 1, 2.

- 1 Facing LOD, leap fwd onto R (ct 1); step fwd on L (ct 2); leap fwd onto R (ct 3); step fwd on L (ct 4).
- 2 Repeat meas 1.
- 3 Leap onto R to R side while bending body slightly fwd (ct 1); step on L across in front of R (ct 2); leap onto R to R side while straightening body and turning to face ctr (ct 3); step bkwd on L (ct 4).
- 4 Repeat meas 3.

## Izhvürli Condák—continued

- 5 In place, step on R in place while the L ft starts “drawing” a vertical circle from down to up (“back bicycle”)(ct 1); hold on R while L continues vertical circle (ct 2); leap onto L in place (ct 3); stamp R heel (or R sole) next to toes of L ft (ct 4).
- 6 Squat down (cts 1-2); straighten body and step on L in place (ct 3); stamp R heel (or R sole) next to L toes (ct 4).
- 7 Step hard on R across L while slightly bending the body fwd (ct 1); step on L in place behind R ft (ct 2); step bkwd on R a distance of 1 ft from the L ft while straightening the body (ct 3); step on L in place (ct 4).
- 8 Repeat meas 7.

Arms: for M

- 1-5 Hands held down in V-pos.
- 6 Arms go fwd while squatting down and bkwd bending elbows while straightening the body.
- 7 Arms go straight down 4 times (cts 1,2,3,4).
- 8 Repeat meas 7.

FIGURE III

- 1-6 Repeat Fig II, meas 1-6. Arms same as Fig II, meas 1-6.
- 7 Step on R across in front of L while clapping the hands in front of the body (ct 1); step on L in place (ct 2); step bkwd on R while clapping the hands behind the body and turning to L side (ct 3); step on L in place (ct 4).
- 8 Repeat meas 7, but turn body to face bkwd for cts 1 and 2 and facing R side for cts 3 and 4.

Arms: W dancing without the M (continuing Fig I while M dance Fig II and Fig III)

- 1 Arms swing diag fwd (cts 1-2); arms swing diag bkwd (cts 3-4).
- 2-4 Repeat meas 1 three times.
- 5 Arms raise to W-pos.
- 6 Arms lower to V-pos.
- 7-8 Repeat meas 5-6.

**SEQUENCE:** The leader usually decides and says when the figures have to be changed by the M.

Suggested pattern:

Introduction—8 meas

Fig I—4 times

Fig II—4 times

Fig III—4 times

Presented by Iliana Bozhanova