

Ljavoto

(Bulgaria)

Ljavoto means "dance to the left." It is from and around the town of Gabrovo, Severnjaško or North Bulgaria. Learned from Maria Eftimova, choreographer and dance instructor from Sofia, Bulgaria in June 1992.

Pronunciation:

Music: Cassette "Folk Dances from Bulgaria" JL1992.01 Side A/3

Meter: 2/4  or 








Formation: Open or half circle. Hands held at belt hold position.

Style: Severnjaško or North Bulgaria:


Jumpy and bouncy

Good and energetic knee liftings

Shoulders are relaxed and bounce naturally to the rhythm of the steps.

<u>Direction</u>	<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
			<u>Introduction.</u> None.
	1	1	Step on L ft.
		2	Hop on L ft, lifting R knee in front.
	2	1	Step on R ft.
		2	Hop on R ft, lifting L knee in front.
	3	1	Step on L ft.
		2	Hop on L ft, swing R ft in an arc around.
	4	1	Step on R ft behind across L ft.
		2	Hop on R ft.
	5	1	Step on L ft.
		2	Step on R ft behind L ft.
	6		Repeat meas 5.
	7	1	Step on L ft.
		2	Leap onto R ft.
	8	1	Hop on R ft, swinging L leg from sdwd L to fwd.
		2	Step on L ft in front across R ft.
	9	1	Step on R ft.
		2	Step on L ft.
	10	1	Step on R ft.
		2	Hop on R ft, kicking R leg in front.
	11	1	Step on L ft.
		2	Step on R ft behind L ft.

Ljavoto—continued

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| 12 | 1 | Step on L ft. |
| | 2 | Hop on L ft, kicking R leg in front. |
|  | 13-14 | Repeat meas 11-12 with opp ftwk and direction. |

Note: As is characteristic for many authentic Bulgarian folk dances, in Ljavoto too, there is no synchronization between the phrases of the dance pattern and the musical accompaniment. In this case, the dance consists of 14 measures done to a musical accompaniment of (8 + 8) 16 measures.

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