

Prošetah Se

(Bulgaria)

Dance from the Pirin region or Bulgarian-Macedonia. Learned from Maria Eftimova, choreographer and dance instructor from Sofia, Bulgaria in June 1992.




Pronunciation:

Music: Cassette "Folk Dances from Bulgaria" JL1992.02 Side A/1

Meter: $2/4$  or 

Formation: Open or half circle. Hands joined in W-position.

Style: Pirinski/Macedonian
Light and bouncy
Arms bounce gently down and up in W-position on each ct.

<u>Direction</u>	<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
			<u>Introduction.</u> None.
			<u>PART 1.</u>
	1	1	Step on R ft, lifting arms slightly with marked accent.
		2	Step on L ft next to R ft, bringing arms back to normal W-position.
	2	1	Step on R ft.
		2	Bounce on R ft.
3	1	Step on L ft behind R ft.	
	2	Bounce on L ft.	
4	1	Step on R ft.	
			<u>PART 2.</u>
	1-2		Repeat meas 1-2 of Part 1.
		3	"Pas-des-Basque"
	4	1	Step (fall) on L ft.
		&	Step on R ft next to L toes.
		2	Step (fall) on L ft in place.
	4		Repeat meas 4 of Part 1.
			Note: Part 1 and Part 2 are alternated to the musical phrases in the accompaniment.

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