

Spiro

(Bulgaria)

Spiro is a man's name. This line dance is characteristic for the slower and balancing kind of dance style of the Southern Pirin and the areas around the towns of Petric and Goče Delcev. This is a Pirin-Macedonian dance suite of the Bulgarian State Ensemble "Philip Kutev" in Sofia, Bulgaria. It was learned from Mitko Donkov (Pirinsko, 1981) and Petar Iliev (Spiro, 1991), Bulgarian dance choreographers and former dancers with the Kutev Ensemble.

Pronunciation: SPEER-oh

Cassette: Folk dances from Bulgaria, UOP Folk Dance Camp 2000, Side B/2
Folk Dances from Bulgaria, vol 4- JL1997.04 Side A/4
The accompanying song, Sto ma ja sârce trognalo (my heart is urging me) is a performance of the Pirin State Ensemble - Blagoevgrad with Tanja Kostava as the soloist.

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

Formation: Open or half circle, hands joined in broad Macedonian W-pos. Face ctr.

Steps and Styling: Pirinski or Macedonian: high on the ball of the ft, steps are light and performed in a vertical, bouncy way by bending and straightening the ankle and knee joints, high leg and knee lifts, pumping movements of the leg (in Bulgarian, called Spusek), and stops and balanced poses.

Meas Pattern

16 meas

INTRODUCTION.

DANCE

- 1 Moving in LOD, large step on R sdwd to R in 2nd pos, slightly bending both knees (ct 1); bounce on R, lifting L off the floor (ct 2); step on L across behind R (ct 3).
- 2 Step diag fwd on R to R (ct 1); move L leg across to R (ct 2); step on L (ct 3).
- 3 Turning to face diag L, hop on L, sharply lifting R knee in front (ct 1); hold (cts 2-3).
- 4 Step and dip on R in front of L (ct 1); step back on L in place (ct 2); lift R knee in front (ct 3).
- 5 Facing ctr, Spusek R (pump R leg down) and move it straight to side (cts 1-2); step on R sdwd to R (ct 3).
- 6 Raise L leg up behind and against R calf, L knee turned out (ct 1); raise onto ball of R (ct 2); step or low leap onto L, extending R leg fwd low (ct 3).
- 7 Low leap onto R, extending L leg fwd low (ct 1); bounce (ct 2); bounce (ct 3); rise onto ball of R, lifting L knee in front (ct &).
- 8 Spusek L (pump L leg down) (ct 1); arc L leg around CCW in a reel-like movement (ct 2); step on L behind R (ct 3).
- 9 Spusek R (pump R leg down) (ct 1); big step bkwd on R (ct 2); big step fwd on L (ct 3).
- 10 Hop on L, sharply lifting R knee in front (ct 1); hold (cts 2-3); bounce on L, moving R leg down and sdwd R (ct &).

Spiro—continued

- 11 Step on R sdwd to R in 2nd pos (ct 1); low leap, taking off from both ft, landing on L, extending R sdwd to R low and around (ct 2); step on R across behind L (ct 3).
- 12 Step on L sdwd to L (ct 1); step and dip on R across in front of L (ct 2); step back on L (ct 3).
- 13-14 Repeat meas 11-12.
- 15 Step on R sdwd to R (ct 1); step on L across in front of R (ct 2); step back on R (ct 3).
- 16 Step on L sdwd to L (ct 1); step on R across in front of L (ct 2); step back on L (ct 3).

Dance repeats from the beginning.

Description by Jaap Leegwater, © 1989

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