Staro Erkečko

(Bulgaria)

Staro Erkečko translates as "old dance from and around the village of Erkeč" in the Burgas district, Eastern Trakija, Bulgaria. It was learned from Maria Eftimova, choreographer and dance instructor from Sofia, Bulgaria in June 1992. She observed and notated this version of Staro Erkečko from a village group performing at the Koprovstica festival of authentic folklore and dances.

Pronunciation:

Music: Cassette "Folk Dances from Bulgaria" JL1992.02 Side A/4

Formation: Half or open circle. Hands held in W-position.

Style: <u>Trakiiski</u>:

Slight knee bend position Wt mainly on the whole ft

Characteristic for the "Erkečki" style are the small syncopated and marked jumps and stamps.

<u>Direction Meas Ct</u> <u>Pattern</u>

Introduction. None. The dance starts with the music.

PART 1

1 1 Step on R ft.
2 Slightly bounce on R ft, bringing L ft slightly turned out fwd in LOD.

2 1 Step on L ft.

Slightly bounce on L ft, bringing R ft fwd.

1 Step on R ft.

2 Step on L ft across behind R ft.

Step on R ft.

2 Step and close L ft next to R ft, bending both knees.

PART 2

2 Repeat meas 1 of Part 1.

Step on L ft.

1

2 Slightly bounce on L ft, bring R ft fwd.

& Stamp R ft, without wt, next to L ft.

3 1 Step on R ft.
2 Step on L ft across behind R ft.
4 1 Step on R ft.
2 Step on L ft.

Staro Erkečko —continued

1 Jump on both ft together. 2 Fall onto R ft, extending L leg sdwd L with the heel slightly turned out. Step on L heel turned out sdwd L, keeping R ft on the floor. 1 2 Jump on both ft together. 7 1 Step on R ft. 2 Step on L ft. 1 Step on R ft. 2 Step on L ft.

Alternative performance of meas 8:

- 1 Fall onto R ft, slightly lifting L knee.
- Fall onto L ft, slightly lifting R knee.

Note: Part 1 and 2 are alternated on the changes of the A and B melodies in the musical accompaniment.

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