

# Vlaško (long version)

(Bulgaria)

This version of Vlaško (meaning Vlach dance) belongs to the basic repertoire taught at the dance department of the School for Amateur Art teachers in Plovdiv, Bulgaria. It was learned by Jaap Leegwater as a student at this school in 1975 from Dimitâr Dojčinov and Georgi Šišmanov. Published by B. Vâlkov, *Spornik na Bâlgarski Folklori Hora*, Sofia, 1970 and S. Vâglarov, *Bâlgarski Narodni Hora*, Sofia 1967.

Pronunciation:

Music: Album "Ajde na Horo"—Folklor Balkana/Gega. CD: GD 134 #12, MC: GC 534 Side B/2.

Meter:  $2/4$   or 

Formation: Medium length lines. Hands held at belt hold position.




Style: Severnjaški or North Bulgarian:

Jumpy and bouncy

Good and energetic knee liftings





Crossing steps

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


Direction	Meas	Ct	Pattern
	8 meas		<u>Introduction.</u> No action.
			<u>PART 1</u>
	1	1	Step on R heel.
		&	Bend R knee, shifting wt onto whole ft.
	2		Step on L heel.
		&	Bend L knee, shifting wt onto whole ft.
	2		Repeat meas 1.
	3	1	Step on R ft slightly sdwd R, bending both knees.
		2	Lift L knee in front, straightening R leg.
	4		Repeat meas 3 with opp ftwk and direction.
	5		Repeat meas 3.
	6-8		Repeat meas 1-3 with opp ftwk and direction.
	9-16		Repeat meas 1-16.

## Vlaško —continued

PART 2



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- 1 1 Step on R heel.  
& Bend R knee, shifting wt onto whole ft.  
2 Step on L heel.  
& Bend L knee, shifting wt onto whole ft.
- 2 1 Step on R ft, bending both knees.  
2 Straighten R leg, lifting L knee in front while lifting and dropping R heel.
- 3 1 Step on L ft.  
& Bend R knee.  
2 Step on R ft.  
& Bend R knee.
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- 4 1 Step on L ft, turning R heel out.  
2 Close L heel with a sharp click against L ft, shifting wt to R ft.
- 5-8 Repeat meas 1-4 with opp ftwk and direction.
- 9 1 Step on R ft.  
& Bend R knee.  
2 Step on L ft.  
& Bend L knee.
- 
- 10 1 Step on R ft, turning L heel out.  
2 Close L heel with a sharp click against R ft, wt remains on R ft.
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- 11-12 Repeat meas 9-10 with opp ftwk and direction.
- 13-16 Repeat meas 9-12.

PART 3




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- 1 1 Step on R ft in front of L ft, taking L ft off the floor.  
& Step back on L ft in place.  
2 Step on R ft next to L ft, taking L ft off the floor.  
& Step back on L ft in place.
- 2-3 Repeat meas 1 two more times.
- 4 1 Close R ft with a sharp click against L ft.  
& Fall onto R ft, turning L heel out.  
2 Close L ft with a sharp click against R ft.  
& Fall onto R ft, lifting L ft off the floor.
- 5-8 Repeat meas 1-4 with opp ftwk.
- 9-16 Repeat meas 1-8.

## Vlaško —continued

PART 4

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- 1      1      Leap onto R ft.  
&      Step on L ft behind R ft.  
2      Leap onto R ft.  
&      Step on L ft behind R ft.
- 2      Repeat meas 1.
- 3      1      Close R ft with a sharp click against L ft, wt on both ft.  
&      Fall onto R ft, turning L heel out.  
2      Close L ft with a sharp click against R ft, wt on both ft.  
&      Fall onto L ft, turning R heel out.
- 4      1      Close R ft with a sharp click against L ft, wt on both ft.  
&      Fall onto R ft, turning L heel out.  
2      Close L with a sharp click against R ft wt on both ft.  
&      Fall onto R ft, lifting L ft off the floor.
-  5-8      Repeat meas 1-4 with opp ftwk and direction.  
9-16      Repeat meas 1-8.

PART 5

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- 1-4      Repeat meas 1-4 of Part 4, sharply lifting R knee in front on the last ct &.
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- 5      1      Leap onto R ft slightly sdwd R.  
&      Step on L ft in front of R ft.  
2      Step back on R ft in place,  
&      Step on L ft next to R ft.
- 6      1      Step on R ft in front of L ft.  
&      Step back on L ft in place.  
2      Step o R ft next to L ft.  
&      Step on L ft in front of R ft.
- 7      1      Step back on R ft in place.  
&      Step on L ft next to R ft.  
2      Step on R ft in front of L ft.  
&      Step back on L ft in place, turning R heel out.
- 8      1      Close R ft with a sharp click against L ft, wt on both ft.  
&      Fall onto R ft, turning L heel out.  
2      Close L ft with a sharp click against R ft, wt on both ft.  
&      Fall onto R ft, lifting L knee in front.
-  9-16      Repeat meas 1-8 with opp ftwk and direction.

PART 6

- 1 1 Step on R ft fwd-sdwd R, leaving L ft on the floor.  
& Fall onto L ft.  
2 Step on R ft fwd, leaving L ft on the floor.  
& Fall onto L ft.



- 2 Repeat meas 1.  
3 1 Leap onto R ft, sharply lifting L knee slightly across in front of R leg.  
& Hold.  
2 Leap onto L ft slightly sdwd L.  
& Step on R ft in front of L ft.  
4 1 Step back on L ft in place.  
& Step on R ft next to L ft.  
2 Step on L ft in front of R ft.  
& Step back on R ft in place.

- 5 1 Leap onto L ft, lifting R knee in front.  
& Strike R heel next to L toes.  
2 Leap onto R ft, lifting L knee in front.  
& Strike L heel next to R toes.

- 6 Repeat meas 4.



- 7 1 Low hop on R ft, bringing L ft around.  
& Step on L ft behind R ft.  
2 Low hop on L ft, bringing R ft around.  
& Step on R ft behind L ft.



- 8 1 Low hop on R ft, bringing L ft around.  
& Step on L ft behind R ft.  
2 Close R ft with a sharp click against L ft, wt on both ft.  
& Fall onto R ft, lifting L ft off the floor.

9-16 Repeat meas 1-8 with opp ftwk.

Repeat entire dance once more time from the beginning.

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