

Zàeshkata

(Thrace, Bulgaria)

From the village of Kokòrevo in Thrace, Bulgaria, Zàeshkata is a mixed, led dance.

Pronunciation:

CD: IBLD#8, "Bulgarian Folk Dances—Summer 2001," Band 2.

Cassette: "Bulgarian Folk Dances—Summer 2001," Side A/2.

Rhythm: 13/16 meter (Q,Q,S), 2/4 meter.

Formation: Mixed open circle of dancers with hands joined in V-pos.

Meas

Pattern

2/4 meter

10 meas INTRODUCTION. No action.

13/16 meter

FIGURE I

- 1 Facing in LOD, step fwd on R (ct 1); step fwd on L (ct 2); leap onto R to R side while turning body to face ctr (ct 3); leap onto L behind R (ct &).
- 2 Repeat meas 1.
- 3 Facing ctr, leap onto R to R side (ct 1); hop on R in place while kicking L ft fwd (ct 2); leap onto L in place next to R (ct 3); leap onto R next to L (ct &).
- 4 Facing ctr, leap onto L to L side (ct 1); hop on L in place while kicking R ft fwd (ct 2); Stamp R heel next to toes of L ft (ct &); leap onto R in place next to L ft (ct 3); leap onto L next to R ft (ct &).
- 5-8 Repeat meas 1-4.

FIGURE II

- 1-2 Repeat Fig I, meas 1-2.
- 3 Facing ctr, heavy jump onto both ft, 1 ft apart (ct 1); heavy jump onto both ft together, keeping wt on R (ct 2); leap onto L in place (ct 3); leap onto R in place (ct &).
- 4 Repeat Fig I, meas 4.
- 5-8 Repeat meas 1-4.

Arms, Fig I and Fig II

- 1-2 Keep arms in V-pos.
- 3 Arms go to W-pos (cts 1-2); arms return to V-pos (cts 3-&).
- 4 Repeat meas 3.
- 5-8 Repeat meas 1-4

2/4 meas

FIGURE III

- 1 Facing ctr, low leap fwd onto R (ct 1); low leap fwd onto L (ct 2).
- 2 Low leap fwd onto R (ct 1); hop on R in place (ct 2).
- 3 Low leap bkwd onto L (ct 1); low leap bkwd onto R (ct 2).
- 4 Low leap bkwd onto L (ct 1); stamp R ft next to L, toes pointing to R side, no wt (ct 2).
- 5 Stamp R ft next to L, toes pointing ahead, no wt (ct 1); hold (ct 2).

Zàeshkata—continued

- 6-10 Repeat meas 1-5.
Arms, Fig III
- 1-2 Arms gradually move up to W-pos.
3-4 Arms gradually move down to V-pos.
5 Arms remain in V-pos.

Sequence: Fig I (13/16): 8 meas
Fig III (2/4): 10 meas
Fig I (13/16): 8 meas
Fig III (2/4): 10 meas
Fig II (13/16): 8 meas
Fig III (2/4): 10 meas
Fig II (13/16): 8 meas
Fig III (2/4): 10 meas
Repeat figures in this order until the end of the music.

Presented by Iliana Bozhanova