






PROŠETAH SEBulgaria

- TRANSLATION :
- ORIGIN : Dance from the Pirin region or Bulgarian-Macedonia.
- MUSIC : Cassette "FOLK DANCES FROM BULGARIA" - JL1992.02
Side A, Band 1.
- METER : 2/4  or 
- SOURCE : Learned from Maria Eftimova, choreographer and dance instructor from Sofia, Bulgaria in June 1992.
- STYLE : Pirinski / Macedonian
- light and bouncy
- the arms bounce gently down and up in W-position on each ct
- FORMATION : Open or half circle.
Hands joined in W-position
- MUSICAL INTRODUCTION :

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<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		
	2	step on L ft across in front of R ft		

<u>Part 2</u>				
	1-2		repeat pattern of meas 1-2 of Part 1	"Pas-des-Basque"
	3	1	step (fall) on L ft	
&		step on R ft next to L toes		
	2	step (fall) on L ft in place		
	4		repeat action of meas 4 of Part 1	

Note: Part 1 and Part 2 are alternated to the musical phrases in the accompaniment.