

Bičak - Bulgaria

- Dance introduced by: Yves Moreau
- Formation: Line
- Starting arm position: Shoulder hold or W-Position. (Most of the groups I have seen do it in W-Position).
- Meter: 14/16, counted as 2+2+2+3+2+3, notated as QQQSQS
- Steps used:

This dance is from Pirin in the southwest corner of Bulgaria. It is popular in the villages around Petrich. The steps of this dance are smooth and low. The bounces are low with the heels barely touching the ground.

Measure Count Step

Part I

- 1 QQQS Facing to the R, bounce on L heel (Q), step on R foot forward (Q), bounce on R heel (Q), step on L foot forward, turning to face center (S)
- QS Turning to face center, step on R foot to R (Q), step on L foot forward (S)
- 2 QQQS Bounce on L heel (Q), step back on R foot (Q), bounce on R heel (Q), step back on L foot (S)
- QS Turning to face R, step forward on R foot (Q), step forward on L foot (S)

Part II

- 1 QQQS Facing to the R, bounce on L heel (Q), step on R foot forward (Q), bounce on R heel (Q), step on L foot forward, turning to face center (S)
- QS Turning to face center, step on R foot to R (Q), step on L foot forward (S)
- 2 QQQS Bounce on L heel (Q), step back on R foot (Q), bounce on R heel (Q), step back on L foot and quickly bring both feet together (S)
- QS Standing on balls of feet, twist both heels to to the R (Q), twist both heels to the L then turn to face to the R (S)

Part III

- 1 QQQS Facing to the R, bounce on L heel (Q), step on R foot forward (Q), bounce on R heel (Q), step on L foot forward (S)
- QS Rock back on R foot (Q), rock forward on L foot, turning to face center (S)
- 2 QQQS Face center and step on R foot to R (Q) hold (Q), step on L foot behind R foot (Q),

step on R foot to R (S)

QS Bounce on R heel (Q), step Forward on L foot (S)

3 QQQS Rock back on R foot (Q), rock forward on L foot (Q), rock back on R foot (Q), rock forward on L foot and bring R leg around to front of L leg in a small arc(S)

QS Bounce on L heel (Q), step on R foot (S)

4 Repeat measure 3 with opposite foot work, except that on the last beat of the measure, step on L foot across R foot while turning to face R

Part IV

1 QQQS Facing to the R, bounce on L heel (Q), step on R foot forward (Q), bounce on R heel (Q), step on L foot forward (S)

QS Step forward on R foot (Q), step forward on L foot (S)

2 QQ Bounce on L heel (Q), step forward on R foot (Q)

QS Jump onto both foot, landing with L foot in front of R foot (Q), turn to face center and leap on R foot to R (S).

QS Step on L foot forward (Q), step on R foot back (S)

3-4 Repeat measures 1-2 with opposite footwork and in opposite direction.

Bob Shapiro

(785) 266-7155

rshapiro11@sbcglobal.net

URL:<http://www.recfd.com>

Copyright © 2000, Robert B. Shapiro

Revised December 24, 2003