

Boaliysko horo

(Eastern Thrace, Bulgaria)

Meter: 2/4. Ten - measure dance pattern.

The style of the dance is energetic, upbeat. It can be done to many different pieces of music.

Arms are in a belt hold. In measures 1-4 face and move fwd to the right; in measures 5-10 mostly face center.

Measures:

1. Step fwd with RF (1); skip fwd with R, LF remains in the air (2).
2. Step fwd with LF (1); skip fwd with L, RF remains in the air (2).
3. Leap fwd onto RF while raising L heel behind the body (1); leap fwd onto LF while raising R heel behind the body (2).
4. Same as measure 3.
5. While turning body to face center, leap onto RF to R (1); leap onto LF to R crossing behind RF (2).
6. Leap onto RF diagonally back to R while raising L bent in the knee behind the body (1); kick fwd with L (2).
7. Leap onto LF to L slightly turning to L, while bending fwd the upper body (1); emphasized step with RF to L, crossing in front of LF (2).
8. Leap onto LF to L, while straightening the upper body (1); leap onto RF to L, crossing behind LF (2).
9. Leap onto LF diagonally back to L, while raising R bent in the knee behind the body (1); kick fwd with R. (2).
10. Leap onto RF across LF, slightly pivoting body to L (1); leap back onto LF to R, while turning body to R as preparation for the beginning of the dance (2).

Described and presented by Yuliyana Yordanov, ©2002