

LJAŠA

Bulgaria

BACKGROUND: Ljaša was observed and notated by Jaap Leegwater at a regional festival (sabor) in the region of the town of Varna, Dobrudža in 1980. The dance belongs to the so called Varnenski Hora in 9/8 meter. The dance is also associated with the Gagauzite, an ethnic Turk minority settled and living around the Black Sea Coast. Characteristic for Ljaša is the 3 bar basic chorus step (Part 1) and the grapevine pattern in the variation (Part 2).

ORIGIN & STYLE: Dobrudža (North-East Bulgaria). The style is earthy, slight knee bent position. The upper body proud and erect. The hands, held in W-position and bounce slightly up and down in coordination with the steps.

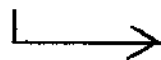
METER 9/8  counted here as 

MUSIC: CD "Bulgarian Folk Dances with Jaap Leegwater JL2010.01

FORMATION: Open circle. Hand held at W-position

INTRODUCTION: 16 bars instrumental introduction

DIRECTION MEAS CT PATTERN Chorus step "Triangle "



1 1 facing ctr and moving sdwd,
 2 lift on L ft
 3 step on R ft sdwd R
 4 step on L ft next to R ft
 4 step on R ft sdwd R



2 facing ctr, moving diag R tw ctr,
 1 lift on R ft
 2 step on L ft
 3 step on R ft
 4 step on L ft

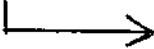




3 Facing ctr, moving bkwd
 1 lift on R ft, arcing L ft bkwd
 2 step on L ft across behind R ft
 3 lift on L ft, arcing R ft bkwd
 4 step on R ft across behind R ft


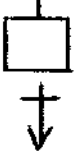
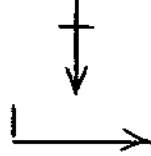
4-12 repeat action of meas 1-3 three more times

DIRECTION MEAS CT PATTERN

Variation 2 "Krustosane otzad" (Grapevine behind)

	1	1	Facing ctr. moving sdwd R
		2	low leap onto R ft
		3	step on L ft behind R ft
		4	low leap on to R ft
		4	step on L ft in front of R ft
	2		repeat action of meas 1
	3	1	lift on L ft, raising R knee in front
		2	stamp R, without wt, next to L toes
		3	low leap onto R ft, raising L knee in front
		4	stamp L, without wt, next L toes
	4	1	low leap onto L ft, raising R knee in front
		2	stamp R, without wt, next L toes
		3	low leap onto R ft, raising L knee in front
		4	stamp L, without wt, next R toes
	5-8		repeat action of meas 1-4 with opp ftwk & directions

Variation 2 "Plitki" (Reel)

	1	1	Facing diag ctr, moving in LOD
		2	lift on L ft
		3	step on R ft
		4	step on L ft next to R heel
		4	step on R ft
	2		turning face ctr.
		1	touch L toe in front
		2-3	reel L leg in an arc bkwd
		4	step on L ft across behind R ft
	3		repeat action of meas 2 with opp ftwk
	4	1	lift on R ft, arcing L leg bkwd
		2	step on Lft bkwd
		3	step on R ft sdwd R
		4	step on Lft in front of R ft
			} arms swing from W – position to bkwd low and fwd low
	5-8		repeat action of meas 1-4, the arms back on W position swing back to W-position on ct 1 of the first bar of meas 5

DANCE ESQUENCE

The 3 bar chorus step is always done to the vocal verses and Variations 1 and 2 can be alternated on the the instrumental interludes, i.e.:

Chorus step "Triangle"	4x
Variation 1 "Grapevine"	2x
Chorus step "Triangle"	4x
Variation 2 "Reel Step"	2x
Chorus step "Triangle"	4x

Etc.

