

ZASPALO E JOVE /
KAKO KOSTANINO


Bulgaria

These are the names of two songs used for this typical jumpy Sop line dance.

TRANSLATION AND ORIGIN : Kako Kostadine is the name of the accompanying song to which the dance is originally performed.
Kostadin is a man's name.
The dance is from Western-Bulgaria, known as the ethnographical region of Šopluk.

MUSIC : Cassette "FOLK DANCES FROM BULGARIA" - JL1996.01
Presented by Jaap Leegwater

METER : 2/4

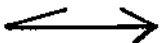



SOURCE : Kako Kostadine was introduced at the 5th Bulgarian Summer Dance Seminar, August 1991 in Bansko, Bulgaria by Velko Jovkov, dance instructor and Toško Todorov, accordionist.

STYLE : Šopski:
- small and energetic steps
- the upper part of the body moves slightly fwd in coordination with leg and knee liftings
- keep shoulders relaxed so they can bounce naturally to the rhythm of the steps
- both music- and dance performance reflect the typical light and bouncy styling characteristic for the Graovo region, which is part of Šopluk,

FORMATION : Open or half circle.
Hands joined in W-position.

MUSICAL INTRODUCTION 16 measures

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>
	1	1	step on R ft
		2	step on L ft
	2	1	step on R ft
		&	step on L ft across behind R ft
		2	step on R ft
	3	1	step on L ft
		&	step on R ft
		2	step on L ft
	4	1	step on R ft, extending L leg (slightly turned out) sdwd L
		2	hop on R ft, bending L leg across behind R leg

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<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>
	5	1 2	step on L ft across behind R ft step on R ft
	6	1 & 2	step on L ft across behind R ft step on R ft step on L ft
	7	1 2	step on R ft step on L ft
	8	1 & 2	step on R ft step on L ft step on R ft
	9	1 2	step (leap) onto L ft across in front of R ft, bending body at waist step back on R ft in place, straightening body
	10	1 2	hop on R ft, swinging L leg sdwd L and bend across behind R leg step on L ft across behind R ft
	11	1 & 2	step on R ft step on L ft across behind R ft step on R ft
	12	1 & 2	step on L ft step on R ft step on L ft
	13	1 2	small leap onto R ft in front of L ft small leap onto L ft
	14	1 2	small leap onto R ft small leap onto L ft across behind R ft
	15	1 & 2	small leap onto L ft sdwd L step on R ft next to L ft, wt on both ft small leap onto L ft in place
			} "Pas-des-Basque"
	16		repeat action of meas 15 with opp ftwk & directions

