

Dobrudžanska Pandela

(Bulgaria)

Dobrudžanska Pandela (doh-broo-JAHN-skah PAHN-duh-lah), a line dance from Dobrudža, northeastern Bulgaria, was presented at the 1985 University of the Pacific Folk Dance Camp by Jaap Leegwater.

RECORD: LP "Folk Dances from Bulgaria-3" by Jaap Leegwater 2/4 meter
JL 1985-01 Side B/1

FORMATION: Open circle or short lines, hands joined at shldr level with adjacent dancers, elbows bent and close to own sides ("W" pos).

STEPS and STYLING: Leap-leap (2 per meas): Raising R knee high, leap fwd onto R ft (ct 1); raising L knee, leap fwd onto L ft (ct &). Step repeats exactly for cts 2,&.

Bounce: Raise and lower heel of supporting ft, flexing ankle and bending knee.

Steps are taken firmly with strength; knees slightly bent; torso is held erect.

MUSIC 2/4

PATTERN

Measures

5 meas INTRODUCTION. No action

I. STEP-STAMPS; DIAGONAL; RLOD

1 Facing ctr and dancing in place, step on R ft, turning slightly diag R (ct 1); stamp L ft beside R, no wt, bending both knees (ct &); repeat with opp ftwk and direction (cts 2,&).

2 Repeat cts 1,& of meas 1; face ctr and jump onto both ft slightly apart (ct 2).

3 Move bkwd with 4 steps R,L,R,L (cts 1,&,2,&). Bend fwd slightly at waist.

4-5 Resume erect posture, face and move RLOD, repeat ftwk of meas 1 twice (step, stamp). Beg R and alternate ftwk.

6 Face ctr and repeat meas 1.

7 Face and move diag fwd R, take a large step on R ft (ct 1); fall on L ft just behind R heel, raising R knee a little (ct &); repeat for cts 2,&.

8 Step diag fwd R on R ft (ct 1); stamp L beside R, bending both knees (ct &); face ctr, fall on L ft in place bringing R ft next to L calf, knees turned to L (ct 2).

9-16 Repeat meas 1-8.

II. SIDEWARD; SHOUTS

Hands remain in "W" pos and arms move slightly down and up with the first 7 cts of meas 1-2 (cts 1,&,2,&; 1,&,2).

1 Face ctr, move sdwd R with a small step on R ft (ct 1); step on L beside R (ct &); repeat for cts 2,&.

2 Repeat cts 1,& (meas 1); small step on R ft to R side (ct 2); bounce on R ft, raising lower L leg to side, heel turned out, knees close together (ct &).

3 Step fwd on L in front of R (ct 1); bounce on L ft (ct &); step bkwd on R ft (ct 2); bounce on R ft (ct &).

4 Turning and moving slightly diag L sdwd, step on L ft (ct 1); stamp R ft beside L twice, bending both knees and turning a little to L of ctr (ct &,2).

- 5-8 Repeat meas 1-4 three more times. On the 3rd and 4th repeats dancers shout "ju-ju-ju-ju-ju-ju-JU" (pronounced yew) on first 7 cts of meas 1-2.

III. LEAPS; TWO-STEPS IN RLOD

- 1 Facing and moving LOD, dance 2 Leap-leaps beg with R ft (cts 1,&2,&).
- 2 Hop on L ft, turning to face ctr and raising R knee until thigh is parallel to floor (ct 1); stamp R heel beside L ft, no wt (ct &); leap onto R ft, raising L knee (ct 2); stamp L heel beside R ft, no wt (ct &). Arms swing fwd, down and bkwd on cts 1,& and beg to swing fwd and up on cts 2,&. Hands in "W" pos for meas 3.
- 3 Facing and moving RLOD, step fwd on L ft (ct 1); step on R ft beside L (ct &); step fwd on L ft (ct 2); beg to bring R ft fwd (ct &).
- 4 Repeat meas 3 with opp ftwk.
- 5 Turn to face LOD and move diag L bkwd, repeat meas 3.
- 6-10 Repeat meas 1-5.

Repeat dance from beginning three more times. Last time, dance meas 10 as follows:
Turning to face ctr, leap onto L ft sdwd (ct 1); close and stamp R ft beside L, bending knees (ct 2).