

## Grutskoto – Гръцкото

(Bulgaria)

This is a choreographed dance with noticeable relation with the Greek “Sirtaki-type steps/movements. It is performed by both men and women and became popular all over the country (especially after the boom of the recreational folk dancing in Bulgaria (2004-Present). It is often performed in ethnic restaurants where there is live music. “Grutskoto” as a term that stems from “Gurtsia” – the name Bulgarians have for Greece. The dance is performed with instrumental and vocal accompaniment. There is no fixed music accompaniment.

Pronunciation: GRĀT-skoh-toh

Music: *Ima! Nema!* CD (*There is! There is Not!*) Old, New, Borrowed and Blue. Band 10.

Formation: Open circle; hands in W pos., facing ctr.

2/4 meter

Steps & Styling: Feet parallel, earthy steps

### Meas

### Pattern

16 plus 1 meas

### INTRODUCTION

#### I. FIGURE I

- 1 Wt on L ft, lift R ft in front of the L (crossing it) with bent knee (ct 1 &)
- 2 Wt on L ft, lift R ft in behind the L (crossing it) with bent knee (ct 2 &)
- 3 Step on R ft to the R (fake step) (ct 1); step on L ft in place (ct &)
- 4 Step on R ft behind the L ft (ct 1); step on L ft to the L (ct &);
- 5 Step on R ft in front of the L ft (ct 1); small step on L ft to the L (ct &)
- 6 Step on R ft behind the L ft (ct 1); small step on L ft to the L (ct &)
- 7 Step on R ft to the L (ct 1), take the wt on the R (ct &)
- 8 Step on L ft in front of the R (ct 1); take the wt on the L ft (ct &)

#### II. FIGURE II

- 1 Small step on R ft frwd (ct 1); step on L ft in place (ct &)
- 2 Small step on R ft bkwd (ct 1) step on L ft in place (ct &)

Meas. 3-8 as meas 3-8 from Fig I.

*Ima Nema CD*

## Sednax Da Vecheram

Bulgaria/Macedonia  
(Track 10)

Popular song in 4/4 to accompany recently choreographed Grutskoto dance

1. Sednax da vecheram  
Mlado pile pecheno  
Sednax da vecheram, Magdeno mome mori  
Sam ne se yade //

**Refrain:**

*De gidi Magde mori altun moy  
Surtse mi veli, Magde, ya sum tvoy //*

2. Sednax da piyam  
Ruyno vino tsurveno  
Sednax da piyam, Magdeno mome mori  
Sam ne se piye //

**Refrain:**

3. Legnah da spiyam  
V shareno odayche  
Legnax da spiyam, Magdeno mome mori  
Sam ne se spiye //

**Refrain:**

Translation:

A man talk to his beloved Magda: I sit down to eat a young, fried chicken, but I can't eat without you; I sit down to drink a nice red wine but I can't drink without you; I lay down to fall asleep in a cosy room but I can' fall asleep without you.

**Refrain:**

*Oh, my dear Magde, as precious as gold  
My heat is telling me I am all yours*

Presented by Daniela Ivanova

