

# Kremikovsko – Кремиковско

(Bulgaria)

This is a dance for both men and women from the Shopluk Region (Sofia area, former Kremikovtsi village), Central West Bulgaria. It is from the repertoire of some Bulgarian groups for recreational folk dancing. The pattern includes one basic figure in 10 measures. There might be more figures if presenting the dance on the stage (Please see the suggested figure below the main pattern).

Pronunciation: kreh-MEE-kohv-skoh

Music: *Ya si te Daruvam Surtseto, Dushata CD (I Give You My Heart, My Soul)*  
Songs & Dances from Bulgaria, Macedonia, & Serbia. Band 17.

2/4 meter

Formation: Open circle; belt hold.

Steps & Styling: Sharp, energetic.

## Meas

## Pattern

16 meas

### INTRODUCTION

- 1 Facing and moving in LOD, hop on L to R, raising R while turning the heel slightly inward and pulling it slightly back twd body (cut) (ct 1); step on R (ct 2).
- 2 Hop on R, raising L while turning the heel slightly inward and pulling it slightly back twd body (cut) (ct 1); step on L (ct 2)
- 3-4 Repeat meas 1-2.
- 5 Facing ctr step bkwd on R (ct 1); step on L moving bkwd (ct 2).
- 6 Step on R beside L (ct 1); pause (ct 2).
- 7 Transfer wt to L, bending L knee (ct &); hit the ground in front with straightened R (ct 1); step on R back to place, lifting L slightly and bending R slightly (ct 2).
- 8 Step on L next to R, both L and R straightened (ct 1); raise L, taking wt on R with bent knee (ct &); step on L with bent knee, raising R (ct 2); pause (ct &).
- 9 Step on R next to L, with both R and L straightened (ct 1); raise R, taking wt on L with bent knee (ct &); step on R with bent knee, raising L (ct 2); pause (ct &).
- 10 Repeat meas 8.

## II. POVIVANE (KNEE TWIST AND TURN)

This figure is only for performing groups. After clarinet solo in 8 meas, (performed 4 times) M and W use 16 meas to form separate lines with Running steps beg with R ft. (M line in front of the W line holding belts at the end of running steps)

- 1 First time, raise R bent knee twisted across in front of body (ct &); leap onto R with raised bent L and twist the body to R moving fwd (ct 1); leap onto L with raised bent R, twist the body very slightly to L (ct 2).
- 2-3 Repeat meas 1, ending with straightened R fwd. **Note:** Accent or shaper movement on meas 1-3, ct 1.
- 4 Nozhichka (“small scissors”): step bkwd on R, with L straightened fwd (ct 1); step bkwd on L, with R straightened fwd (ct &); step bkwd on R, with straightened L fwd (ct 1); pause (ct &).
- 5 Hop on R in place, raising L to begin back bicycle (ct 1); continue back bicycle and then stamp L beside R (ct 2).
- 6 Step on L raising R (ct 1); kick R fwd (ct 2).
- 7 Step on R moving bkwd (ct 1); step on L moving bkwd and raising R bent knee, twisted across in front of body (ct 2).
- 8 Last time through, meas 8: step on R moving bkwd (ct 1); stamp L beside R (ct 2).

**Note:** Fig I (the main figure) could be performed all the time until the end of the music. But If the dancers are in mood to do something more jumpy, they could start a separate men’s and women’s line doing “Povivane” variation. W never jump as high as M while dance this figure.

Male dancers can dance Povivane 6 times. Last 2 times, M shout: Druzh se zemyo shop te gazi (DROOZH seh ZEHMYOH SHOHP teh GAHZI).

Presented by Daniela Ivanova