

Osmitsata - Осмицата

(Bulgaria)

Osmitsata was recorded by Ivan Donkov in the village of Mihaltsi (Donkov, Ivan 1999: *Narodni Hora ot Velokotarnovskiya Kray* [Traditional Dances from the Region of Veliko Tarnovo], Veliko Tarnovo: PIK Publisher. The dance is performed by men and women in a closed circle.

Pronunciation: Os-MEE-tсах-tah

Music: *Shto Mi E Merak* CD (*Longing for You*), 2012. Band 4.

Formation: Closed circle; hands joined in W-pos, elbows bent; facing ctr.

2/4 meter

Steps & Styling: Feet parallel.

Meas

8

INTRODUCTION

Pattern

FIGURE I

- 1 Step on R to R (ct 1); step on L behind R (ct 2).
- 2 Step on R to R (ct 1); wt on R, L is lifted (ct 2).
- 3-4 As meas 1 & 2, opp. ftwk
- 5-8 As meas 1- 4.
Hands swing forward-backward to the rhythm

FIGURE II

- 1 “Râchenichna:” Quick steps on R and L to the R (ct 1 &); step on R (ct 2).
- 2 As meas 1, opp. ftwk .
- 3-4 As meas 1& 2.
- 5 Stamp on R to the toes of L (ct 1 & 2).
- 6 As meas. 5
- 7 Stamp on R to the toes of L (ct 1); stamp on R to the toes of L (ct 2).
- 8 Stamp on R to the toes of L (ct 1); pause (ct 2).
Hands joined in W-pos, elbows bent, corresponding with the stamps.

This dance pattern is repeated continually through the dance. The beginning of the dance starts by moving bkwd on meas 1&2 of Figure I; on meas 3 & 4 of Figure I the line moves L.

Presented by Daniela Ivanova

