

# Abdal

(Bulgaria)

This is a dance for both men and women from the village of Gradets in the Vidin area of Northwest Bulgaria. The dance was presented in Koprivshitsa Festival in 1995. It is composed of one figure in six measures.

Pronunciation: ahb-DAHL

Music: *From Bulgaria and Beyond* CD, Band 2 9/8 meter (QQQS)

Formation: Open circle; belt hold. Can also be performed with joined hands held down.

Steps & Styling: One figure in six measures.

## Meas

## Pattern

4 meas (drum) + 8 meas (instrumental)

## INTRODUCTION

- 1 Face ctr with wt on L, R ft flexed, raising R ft back and slightly out to R (ct &); straighten L knee, clicking R ft beside L without wt (ct 1); repeat cts &,1, taking wt on R after click (cts 2,3); hold (ct 4).
- 2 Hop on R, bending L knee, and moving L ft in a circle up-fwd-down-up (front bicycle) (cts 1,2); hop on R (ct 3); step on L (ct 4).
- 3 Repeat meas 1, ending with wt on L.
- 4 Step on R to R (ct 1); step on L in front of R to R (ct 2); step on R to R (ct 3); step on L behind R to R (ct 4).
- 5 Step on R to R (ct 1); step on L in front of R (ct 2); hop on L (ct 3); step on R next to L (ct 4).
- 6 Repeat meas 2.

Presented by Daniela Ivanova