

ABDAL

- Background:** This is a male-female dance from the village of Gradets (Vidin area, Northwest Bulgaria).
- Rhythm:** The dance is in 9/8 (2 2 2 3).
- Starting position:** Open circle; belt hold (“na lessa”)
- Dance pattern:** One figure in 6 measures

First measure:

- On “and” (before to start) – R is in an outward flexion
- On “one” – R tips the L
- On “two” – step on L in place, R executes outward flexion
- On “three” – R tips the L
- On “four” – step on L in place, R executes open flexion

Second measure:

- On “one” and “two” – hop on R; L executes small circle (down-up)
- On “three” – hop on R
- On “four” – step on L in place

Third measure – as the First

Fourth measure:

- On “one” – step on R to the right
- On “two” – cross step on L in front of R to the right
- On “three” – step on R to the right
- On “four” – cross step on L behind the R to the right

Fifth measure:

- On “one” – step on L in place
- On “two” – step on R in place
- On “three” and “four” – step on L forward

Sixth measure:

- On “one” and “two” – step on R in place
- On “three” and “four” – step on L in place