

# ANGELOVATA

- Background:** This is a dance from Gorna Lipnitsa (North Bulgaria). The dance is performed either with instrumental or vocal accompaniment (see the song enclosed).
- Formation:** It is a mixed dance – men and women – holding palms in a circle. The performers are random arranged – no proportions are followed (man, woman, man, etc). Men play the dance with a rather characteristic “jumpy” fashion compared to women and particularly the squats which - depending on the mood - are performed in a variety of ways.
- Rhythm:** The meter is 7/16 (2, 2, 3).

## *Description of the motions:*

### **Motion 1 – “Liush napred” (swing forward)**

This is performed one time.

At “one” – left foot steps forward, right foot is off the ground.

At “two” and “three” – left foot hop while the right is bent at the knee and is a little ahead of the left foot.

The same motion may be performed backward, starting with the right foot.

### **Motion 2 – “Graovka”**

Performed 1 time.

At “one” – hop with the right foot, the left is lifted off the ground.

At “two” – left foot steps to the left

At “three” – right foot steps behind the left

### **Motion 3 – “Stapka s podskok” (hopping step)**

Performed 1 time.

At “one” – left foot steps to the left

At “two” and “three” – the right foot is brought in front of the left and takes the position “inner flexion”

### **Motion 4 – “Rachenichna”**

Performed 1 time

At “one” – a right foot step forward

At “two” – a left foot step forward

At “three” – a right foot step forward

*Note:* At “and”, before the beginning of “one”, the right foot is lifted off the ground.

The motion may be performed starting with the other foot.

### **Motion 5 – “Zemetnata”**

Performed 1 time.

At “one” – a right foot step to the right with a marked squat

At “two” – pause

At “three” – a left foot step behind the right

**Starting position:** Open circle

*Description of the dance*

Time 1 – motion 1: “Liush napred” (swing forward)  
 Time 2 – motion 1: “Liush nazad” (swing back with right foot starting)  
 Times 3 – 4 - motion 2: “Graovka” (moving slightly to the left)  
 Time 5 – motion 3: “Stapka s podskok” (a hopping step)  
 Times 6-7 – motion 4: “Rachenichna” (forward, sharply to the right)  
 Time 8 – motion 5: “Zametnata”  
 Time 9 – motion 3: “Stapka s podskok” (starting with the right foot)  
 The dance may then start all over again.

**Playing with the hands**

During the performance of motion 1, “Liush napred” (swing forward) as early as “one” the arms, which are bent at the elbows, are brought forward with straightened elbows and are then swung back. The same forward/backward motion of the arms is performed during times 2, 3 and 4. At times 5, 6 and 7 the arms are again bent at the elbows and brought close to the body. At time 8 they are brought forward and backward and are again bent at the elbows. Throughout time 9 this position is maintained.

**Prochul se Angel targovets**

Prochul se, prochul se, prochul se Angel targovets

Prekupil, prekupil, prekupil Angel gadulki,

gadulki, gadulki, gadulki, oshte kraleta.

Dano go, dano go, dano go ljubjat momite,

Momite, momite, momite po sedjankite,

I oshte, I oshte, I oshte po beljankite.

This song tell us the story of a merchant named Angel, who wants to buy all different kinds of musical instruments; to become famous, and to win maidens’ respect and love.