

# BANUTSA

## Rhythm 2/4 – From North West Bulgaria

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This is a dance from Hairedin village, Vratsa region, North West Bulgaria. Mixed dance in an open circle with hands, held down. We call this kind of dances “Horo na Dve Strani” – HDS- same movements to the right and left side with opposite footwork. The shape of the dance is very interesting – like a snail. We have right and left leaders. When the dancers are going to the R side of the circle, the right leader goes inside in the snail. And opposite-the left leader-inside, when the dancers are going to the left side. We start the dance in an open circle and form each snail from meas. 1 to 6. Start going to the right side.

**Figure 1 – 10,5 meas.** - to the Right side of the circle – facing center

Meas.1 – to the Right side

1. Big Step on R ft to R side

+ Step on L ft next to R ft

2. Big Step on R ft to R side

+ Step on L ft next to R ft

Meas.2

1. Big Step on R ft to R side

+ Lift on R heel

2. Step on L ft across R ft

+ Hold

Meas.3 to 6 – same as Meas.1, 2

Meas.7 – in place

1. Step on R ft across L ft

+ Lift on R heel

**Krastosai** - 2. Step on L ft in place

+ Step on R ft across L ft

Maes.8

1. Step on L ft in place

+ Lift on L heel

**Krastosai** - 2. Step on R ft close to L ft

+ Step on L ft across R ft

Meas.9

1. Step on R ft in place

+ Lift on R heel

**Krastosai** - 2. Step on L ft close to R ft

+ Step on R ft across L ft

Maes.10

1. Step on L ft in place

+ Lift on L heel

**Krastosai** - 2. Step on R ft close to L ft

+ Step on L ft across R ft

Meas.11

1. Step on R ft in place

+ Hold

**Arms:** They are swinging backward and forward for 1 measure.

**Figure 2** – 10,5 meas.

Meas.1 to 6 – same as Meas.1 to 6 from Figure 1, but to L side with opposite footwork

Meas.7 – in place

1. Step on L ft across R ft
- + Lift on L heel

**Krastosai** - 2. Step on R ft in place  
+ Step on L ft across R ft

Maes.8

1. Step on R ft in place
- + Lift on R heel

**Krastosai** - 2. Step on L ft close to R ft  
+ Step on R ft across L ft

Meas.9

1. Step on L ft in place
- + Leap onto R ft bkwd-close to L ft

**Krastosai** - 2. Step on L ft across R ft  
+ Lift on L heel

Maes.10

1. Step on R ft in place
- + Lift on R heel

**Krastosai** - 2. Step on L ft close to R ft, while moving R heel to R side  
+ Click with R ft

Meas.11

1. Step on L ft in place, while moving R heel to R side
- + Hold

**Sequence:** Introduction – 8 meas. Alternate Figure 1 and Figure 2. Depending on the abilities of the dancers, you can replace Figure 2 with Figure 1, but to L side and with opposite footwork. You can keep the hands held down-without swinging, when you dance in place –from Meas.7 to the end.