

Sun. morning (2)
difficult

BICA
(Bulgaria)

(BEE-chuhk). Learned by Yves Moreau in March, 1970 from Ilija Vretenarov, leader of a folk dance group in Kavrakirovo, near Petrič. It is popular in the villages around the town of Petrič in southwest Bulgaria (Macedonia). Presented by Y. Moreau at the 1970 Folk Dance Camp.

Music: Balkanton BHA 734. Side 2, Band 2. 9/16 + 5/16 (14/16 meter):
1-2, 1-2, 1-2, 1-2-3 plus 1-2, 1-2-3. Counted here as 1, 2, 3, 4, 5, 6.

Formation: Lines, or open circles. Segregated. M use shoulder hold. W use "W" pos with hands close to shoulders. Face LOD. Wt on L ft. Meas 1 of each Figure begins facing LOD.

Meas

Pattern

Leader starts at the beginning of any 4 meas musical phrase and changes from one pattern to another at will - preferably in the order given here.

I. BASIC

- 1 Lift on L (ct 1). Step R in LOD (ct 2). Lift on R (ct 3). Step L in LOD (ct 4). Turn to face ctr and step R to R (ct 5). Step fwd L (ct 6).
- 2 Lift on L (ct 1). Step bkwd on R (ct 2). Lift on R (ct 3). Step bkwd on L (ct 4). Face and step in LOD on R (ct 5). Step in LOD on L (ct 6).

II. TWIST

- 1 Repeat action of meas 1, Figure I.
- 2 Repeat action of meas 2, Figure I, cts 1 through 4. With ft together raise and lower on balls of ft, twisting heels to R (ct 5). Raise and lower again, twisting heels to L (ct 6).

III. ROCK

- 1 Lift on L (ct 1). Step R in LOD (ct 2). Lift on R (ct 3). Step L in LOD, leaving R in place (ct 4). Rock back on R (ct 5). Rock fwd on L (ct 6).
- 2 Face ctr, step R to R (ct 1). Hold (ct 2). Step L behind R (ct 3). Step R to R (ct 4). Lift on R, bringing straight L leg around to front (ct 5). Step L in front of R with bent knee, bringing R up behind with bent knee (ct 6).
- 3 Step bkwd on R (ct 1). Step fwd on L (ct 2). Step back on R in place (ct 3). Step fwd on L in place (ct 4). Lift on L, bringing straight R leg around to front (ct 5). Step R in front of L with bent knee, bringing L up behind with bent knee (ct 6).
- 4 Repeat action of meas 3, Figure III, with opp ftwk, but on final ct bring L ft far enough around to step on it in LOD on ct 6.

continued

BICAK (continued)IV. LEAP

- 1 Lift on L (ct 1). Step R in LOD (ct 2). Lift on R (ct 3). Step L in LOD (ct 4). Step R in LOD (ct 5). Step L in LOD (ct 6).
- 2 Hop on L (ct 1). Step fwd R (ct 2). Low jump onto both ft, L ft leading (ct 3). Leap onto R (ct 4). Leap onto L turning to face ctr (ct 5). Leap back on R, lifting L across in front of R (ct 6).
- 3-4 Repeat action of meas 1-2, Figure IV, reversing ftwk and direction, turning to face RLOD on first ct.

Presented by Yves Moreau
Notes by Bev and Ginny Wilder