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BICAK

(Bulgaria)

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

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 Part 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, Part 1.
- 2 Repeat action of meas 2, Part 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 3). 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).

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BICAK (continued)

- 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, Part III, with opp ftwork, but on final ct bring L ft far enough around to step on it in LOD on ct 6.

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 to R on R, lifting L across in front of R (ct 6).
- 3-4 Repeat action of meas 1-2, Part IV, reversing ftwork and direction, turning to face RLOD on first ct.

Presented by Yves Moreau

Notes by Bev and Ginny Wilder

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