

OI, LENCHE, LENCHE

Bulgaria

Bulgarian dance taught by Mitko Petrov on Ira Weisburd's Macedonian Folk Dance tour in 2019.

Youtube video link: https://youtu.be/N_DRhRK9Yhc

Meter: 7/8 or slow-quick-quick (sqq)

The dance has an eight-measure long pattern, repeated until the music ends. The musical phrase varies in length (9 to 11 measures) so the steps do not stay with the music. Start the dance after the instrumental introduction when the singing begins on measure 12.

To start, dancers are in a line facing center with hands up at shoulder height.

MEASURE COUNT DESCRIPTION

1	s	Step forward on rt.
	q	Swing lt. foot forward while turning to face diagonally rt. and touch lt. toe next to rt.
	q	Hold position
2	s	Step directly back on lt. foot; lower arms
	q	Step back on rt. foot next to left
	q	Step forward on lt. foot raising arms.
3	s	Step forward on rt. foot,
	q	Turn on rt. to face LOD swinging lt. leg around in a high arc.
	q	Step on lt. in LOD
4	s	Step on rt. in LOD
	q	Step on lt. in LOD
	q	Step on rt. in LOD
5	s	Step on lt. in LOD
	q	Step on rt. in LOD
	q	Step on lt. in LOD
6	s	Step on rt. in LOD and lowering arms
	q	Step forward on lt. in LOD
	q	Step back on rt., raise arms
7	s	Turning lt. to face center, slowly lift lt. leg in a high arc to lt.
	q	Continue motion with lt. leg
	q	Step on lt.
8	s	Raise rt. in a high arc in front.
	q	Hold rt. leg in front
	q	Continue to hold.