

POVLEKANA

Rhythm 7/8a - QQS

From Dobrudzha – Kotlentsivill.

The dancers form an open circle, facing center. Hold the hands in “Front-basket hold” (“Predna lesa”). LOD – right side in the circle.

Figure 1 – 3 meas.- facing center

Meas.1

- 1.Step on R ft to R side
- 2.Hold (Pausa)
- 3.Stamp on L ft next to R ft

Meas.2

- 1.Step on L ft fwd-toward center
- 2.Hold (Pausa)
- 3.Stamp on R ft fwd, next to L ft

Meas.3

1.Step on R ft bkwd 2.Hold (Pausa) 3.Step on L ft bkwd, next to L ft **Figure 2 – 8 meas. – facing center** Meas.1 1.Step on L ft fwd - toward center 2.Stamp on R ft next to L ft 3.Step on R ft fwd – toward center Meas.2 – same as Meas.1 Meas.3 1.Step on L ft in place 2.Step on R ft in place 3.Step on L ft in place Meas.4 1.Stamp on R ft in place 2.Hold (pausa) 3.Step on R ft in place Meas.5 1.Step on L ft bkwd 2.Hold (Pausa) 3.Step on R ft bkwd Meas.6 – same as Meas.5 Meas.7 – same as Meas.3 Meas.8 – same as Meas.4, but when we repeat the figure second time, we finish with: 1.Stamp on R ft in place, next to L ft 2.Hold (Pausa) 3.Stamp on R ft in place, next to L ft **Sequence:** Introduction – 12 meas. Figure 1 – 3 meas. – 5 times + Meas.1 – during the song; Figure 2 – 8 meas. – 2 times. Alternate the figures to the end of the melody!

Produced and Presented by IlianaBozhanova&TodorYankov– 2014