

## **ADZHIBELIK**

### **Rhythm 7/8b - SQQ**

#### **From PirinFolk Area, Petrich region**

The dancers form an open circle, facing to the right side in the circle. Hold the hands in W position. LOD – right side in the circle.

#### **Figure 1 – 4 meas.**

##### **Meas.1 – facing right side in the circleArms:**

1. Leap onto R ftfwd to LOD Hold in W position  
+ Step on L ftfwd to LOD

2. Step on R ftfwd to LOD

3. Step on L ftfwd to LOD

Meas.2 – same as Meas.1

##### **Meas.3 – facing center**

1. Leap onto R ft to R side The hands go down to V position  
+ Step on L ft behind R ft

2. Step on R ft to R side The hands go back to W position

3. Touch L toesfwd- toward center

##### **Meas.4 – facing center**

1. Lift on R ft, while L ft moves behind R ft

+ Step on L ft behind R ft, while bending with R ft across L knee

2. Step on R ftfwdto **LOD**

3. Step on L ftfwdto **LOD**

#### **Figure 2 – 4 meas.-“Pleti”**

##### **Meas.1 – facing center**

##### **Arms:**

1. Leap onto R ftto LOD Hold in W position  
+ Step on L ft behind R ft to LOD

2. Step on R ft to LOD

3. Step on L ft across R ft

Meas.2 – same as Meas.1

##### **Meas.3 – facing center**

1. Leap onto R ft to LOD The hands go down to V position  
+ Step on L ft behind R ft to LOD

2. Step on R ft to R side The hands go back to W position

3. Touch L toes fwd- toward center

##### **Meas.4 – facing center**

1. Lift on R ft, while L ft moves behind R ft

+ Step on L ft behind R ft, while bending with R ft across L knee

2. Step on R ftfwdin **place**

3. Step on L ftfwdin **place**

#### **Figure 3 – 8 meas.-“Navan-navatre”**

##### **Meas.1 –facing center**

##### **Arms:**

1. Leap onto R ftbkwdHold in W position  
+ Step on L ftbkwd

2. Step on R ftbkwd

3. Step on L ftbkwd

*Produced and Presented by IlianaBozhanova&TodorYankov– 2014*

Meas.2,3,4 – same as Meas.1- **bkwd - out of the center**

Meas.5,6 – same as Meas.1, but **fwd – toward center**

Meas.7 – **facing center**

1.Lean onto R ft fwd

The hands go down to V position

+ Step on L ft fwd

2.Step on R ft fwd

The hands go back to W position

3.Touch L toes fwd- toward center

Meas.8 – **facing center**

1.Lift on R ft, while L ft moves behind R ft

+Step on L ft behind R ft, while bending with R ft across L knee

2.Step on R ft **in place**

3.Step on L ft **in place**

**Sequence:** Introduction – 4 meas.

Figure 1 – 4 meas. – 4 times;

Figure 2 – 4 meas. – 4 times – with 1<sup>st</sup> part of the song;

Figure 3 – 8 meas. – 2 times. – with the 2<sup>nd</sup> part of the song.

Alternate the figures in this sequence to the end of the melody.

