

SELENIK and AIDAR
Rhythm 9/8 a- QQQS
From Pirin folk area, Parvomai village, Petrich region

It is a mixed dance, in an open circle with basic LOD – right side in the circle – counter-clockwise. Hands – held in W position.

Figure 1 – SELENIK – 2 meas.

Meas.1 – facing center

- 1.Step on R ft to R side in the circle
- 2.Step on L ft behind R ft
- 3.Step on R ft to R side in the circle
+.Step on L ft behind R ft
- 4.Step on R ftfwd to R side, while **facing R side** in the circle
+.Step on Lftfwd to R side, while **facing R side** in the circle

Meas.2 – facing R side in the circle

- 1.Touch R toes fwd to R side, while facing R side in the circle
- 2.Step on R ftfwd to R side
- 3.Touch L toes fwd to R side
- 4.Lift on R ft, while L ft is drawing a big circle behind R ft
+.Step on L ft behind R ft, while **facing center**

!!!! When we repeat 4th time SELENIK, after the last touch L toes, we finish the figure facing R side.

Figure 2 – AIDAR – 2 meas.

Meas.1 –facing R side in the circle

- 1.Leap onto R ftfwd to R side
+ Leap onto Lftfwd to R side
- 2.Step on R ftfwd to R side
- 3.Step on L ftfwd to R side
- 4.Lift on L ft, while **turning to facing L side in the circle**
+ Step on R ftfwdto **L side**

Meas.2 – facing L side in the circle

- 1.Lift on R ft, while kicking with L ftfwd to L side
- 2.Step on L ftfwd to L side
- 3.Step on R ftfwd to L side
- 4.Lift on R ft, while **turning to facing R side**
+ Step on L ftfwd to R side

Sequence:

Introduction – 4 meas.

SELENIK – 2 meas. – 4 times;

AIDAR – 2 meas. – 4 times.

Alternate the dances to the end of the melody in the same sequence.