

BAVNATA

Бавната

(Bulgaria Pirin-Macedonia)

Meaning, the «slow one», a variation on mahny of the Macedonian crossing-step or *krsteno* dances. This is a version done by Roma people in the Pirin region. Dance learned from Belčo Stanev.

Pronunciation: BAHV-nah-tah
Music: Yves Moreau CD
Meter: 7/8, 1-2-3, 1-2, 1-2, or Sqq
Formation: Open circle. Face ctr, wt on L. Hands joined up in “W” pos.
Style: Proud and strong

Measure 7/8

Description

No special intro. Start at beg of any musical phrase.

1. Basic

- 1 Facing ctr, step on R to R (1) step on L crossing behind R (2) step on R to R (3)
- 2 Turning to face LOD, step on L fwd (1) step on R fwd (2) step pn L fwd, ending to face ctr (3)
- 3 Step on R slightly R (1) shift wt back onto L in place (2) step on R fwd, crossing in front of L (3)
- 4 Strong step back on L and hold slightly (1) lift R ft up and «čukče» (lift and lower L heel) (2) step on R besides L (3)
- 5 Touch L ft slightly fwd (1) lift L ft and «čukče» on R ft (2) step on L besides R (3)

Dance repeats from beginning

Presented by Yves Moreau