

Bičak (Bulgaria)

Yves Moreau learned Bičak (BEE-chuhk) in March 1970 from Ilija Vretenarov, leader of a folk dance group in Kavrakirovo, near Petrič, southwest Bulgaria (Macedonia). The dance was popular in the villages around Petrič. Yves presented the dance at the 1970 University of the Pacific Folk Dance Camp and at other workshops, among them North-South Teachers' Seminar at Mt. Cross, Felton, California in October 1980.

RECORD Balkanton BHA 734 Side B/2 14/16 meter (9/16 + 5/16)

RHYTHM: 14/16 written as  plus 
Counted 1 2 3 4 5 6

FORMATION: Open circle or short lines. Hands joined with adjacent dancers, arms down at sides ("V" pos). Originally taught in segregated lines with W hands joined with adjacent dancers, elbows bent and down ("W" pos) and M with hands on adjacent dancers shldr, arms extended ("T" pos). Face LOD, wt on L.

STEPS and STYLING: Lift: Rise onto ball of supporting ft.
Hop: Spring from one ft, land on same ft.
Leap: Transfer wt from one ft to the other; both ft off floor at apex of leap.
Jump: Spring from one ft, land on both ft simultaneously.
Ftwk is small and kept close to floor with a smooth rolling action.

MUSIC 14/16

PATTERN

Measures

INTRODUCTION

Leader may start at the beg of any 4 meas phrase and repeat each Fig at will.

I. BASIC (2 meas)

- 1 Lift on L (ct 1); step fwd on R (ct 2); lift on R (ct 3); step fwd on L (ct 4); turn to face ctr and step on R to R side (ct 5); step twd ctr on L with a slight rolling motion (dip) (ct 6).
- 2 Lift on L (ct 1); step bkwd on R (ct 2); lift on R (ct 3); step bkwd on L (ct 4); face LOD and step fwd R,L (cts 5,6). Use the same rolling motion on ct 6 as in meas 1.

II. HEEL TWIST (2 meas)

- 1 Repeat Fig I, meas 1.
- 2 Lift on L (ct 1); step bkwd on R (ct 2); lift on R (ct 3); step bkwd on L (ct 4); bring R ft next to L, raise heels, twist them to the R and lower them to the floor (ct 5); with ft together, raise heels, twist them to the L, simultaneously raise R ft off floor and face LOD for next step (ct 6).

III. ROCK (4 meas)

- 1 Face LOD, lift on L (ct 1); step fwd on R (ct 2); lift on R (ct 3); step fwd on L, leaving R in place (ct 4); shift wt back onto R ft (ct 5); shift wt fwd onto L (ct 6); The wt shifts are cued as "rock, rock."
- 2 Face ctr, step on R to R (ct 1); hold (ct 2); step on L behind R (ct 3); step on R to R (ct 4); lift on R, bringing straight L leg around to front (ct 5); step on L in front of R, bending L knee and bringing R ft up just behind L ankle (ct 6).
- 3 In place, rock bkwd on R, fwd on L, and repeat (cts 1,2,3,4); lift on L, bringing straight R leg around to front (ct 5); step on R, in front of L, bending R knee and bringing L ft up just behind R ankle (ct 6).

- 4 Repeat meas 3 with opp ftwk, but on ct 6 bring L ft far enough around to step on it in LOD, pivoting on ball of R ft as L ft is brought around.

IV. LEAP (4 meas)

- 1 Face LOD, lift on L (ct 1); step fwd on R (ct 2); lift on R (ct 3); step fwd on L (ct 4); step fwd R,L (cts 5,6).
- 2 Hop on L (ct 1); step fwd on R (ct 2); low jump onto both ft, L ft a little fwd of R (ct 3); leap onto R, turning to face ctr, L ft off floor (ct 4); leap fwd twd ctr onto L, bringing R ft up just behind L ankle (ct 5); leap back onto R, raising L ft across in front of R leg, knee bent (ct 6).
- 3-4 Turning to face RLOD, repeat meas 1-2 with opp ftwk and direction.

Yves usually dances the following sequence:

Introduction - 4 meas

Fig I 6x
Fig II 4x
Fig III 4x
Fig IV 4x
Fig I 4x
Fig II 5x (break)
Fig III 2x
Fig IV once

Another popular sequence:

Introduction - 4 meas

Fig I 2x
Fig II 4x
Fig III 4x
Fig IV 2x
Fig I 2x
Fig II 4x
Fig III 4x
Fig IV 4x plus 2 meas of a 5th time

Yves emphasizes that it is more fun if each leader determines sequence!!

Description written April 1986