


## Lamba Lamba

(Bulgaria)

Lamba Lamba (LAHM-bah LAHM-bah) is from Pazardžik in Western Thrace. This region is especially known for its mixed rhythms such as 11/16 (Gankino), 15/16 (Bucimis) and 25/16 (Sedi Donka). Stephen Kotansky learned Lamba Lamba from Professor Stefan Vaglarov, and presented the dance at the 1980 University of the Pacific Folk Dance Camp.

RECORDS: XOP0 LP 4, Side B/2 "Krivo Horo"  
XOP0 328 (45) Side A "Kopanica"  
Any fast, suitable Kopanica 11/16 meter

RHYTHM: 11/16 meter   
1-2 1-2 1-2-3 1-2 1-2

Dancer's beats: 1,2,3,4,5

Cued: Q Q S Q Q

FORMATION: Short, segregated lines with belt-hold (grasp neighbor's belt, L hand over, R hand under). W leader may twirl a knotted handkerchief throughout the dance. M leader's R hand can be on belt or raised up and out. Dancer on L end of line tuck free thumb into own belt. Face ctr.

STEPS and Bounce\*, leap\*, chug\*, kick\*, lift\*, slide\*, hop\*

STYLING: Cadence: Turn to face diag L, chug fwd onto both ft, bending knees (ct 3); turning to face ctr, kick L leg (knee bent) across in front of R leg and beg a CCW arc (ct 4); continue CCW circular movement of the L ft and beg to lift slightly on the R ft (ct 5). Lift on R ft (ct 1); step on L ft behind R (ct 2); stamp R heel in front of L ft, no wt (ct 3); leap onto R ft (ct 4); stamp L heel in front of R ft, no wt (ct 5).

Stamp: Hit the floor sharply with the ft, no wt.

Close: Step beside supporting ft, taking wt.

The dance is done mainly in place; do not move very far.

\*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, CA 94541.

MUSIC 11/16

PATTERN

Measures

### INTRODUCTION

- 1-2 No action.
- 3 Step on R to R (ct 1); close L to R (ct 2); step on R to R with small knee bend (ct 3); close L to R and do a small bounce on both ft (ct 4); repeat bounce (ct 5).
- 4 Repeat meas 3 with opp direction and ftwk.
- 5-6 Repeat meas 3-4.

### TRANSITION

- 1 Face diag R of ctr. Moving in LOD, step fwd on R (ct 1); close L to R (ct 2); step on R to R (ct 3); hop on R raising L in front (ct 4); step on L slightly in front of R (ct 5).
- 2 Step fwd on R (ct 1); close L to R (ct 2); stamp R heel diag fwd R with R knee straight, L knee bent (ct 3); leap onto R, turning to face ctr (ct 4); stamp L heel twd ctr (ct 5).

I. PAUSE

1 Face ctr, step on L to L (ct 1); step on R behind L (ct 2); step on L to L (ct 3); close R to L with a small click (ct 4); hold (ct 5).

2-3 Hold (cts 1-2); Cadence (cts 3-5; meas 3, cts 1-5).

II. TOE-TOUCHES

1 Face ctr, step on L to L (ct 1); step on R behind L (ct 2); step on L to L (ct 3); turning slightly twd R diag, lift on L, raise R ft behind L leg (ct 4); touch R toe behind L (ct 5).

Insert:

2-3 Repeat meas 1, cts 4,5 (cts 1-2); Cadence (cts 3-5; meas 3, cts 1-5)

III. CLICKS

1 Face ctr, step on L to L (ct 1); step on R behind L (ct 2); step on L to L, raise R slightly to R diag, toe turned slightly inward, both knees bent (ct 3); straightened both legs and close R to L with a small click, both heels slightly off floor (ct 4); bend L knee and lower L heel, and with R leg (knee slightly bent) make a small CCW circle in the air in front of L leg (ct 5).

2-3 Repeat meas 1, cts 4-5 (cts 1-2); Cadence (cts 3-5; meas 3, cts 1-5).

IV. KNEEL

1 Face ctr, step on L to L (ct 1); step on R behind L (ct 2); leap onto L (ct 3); slide R ft behind L into kneeling pos with the R leg bent behind the L leg, and keeping the R knee behind the L heel (cts 4-5).

2-3 Rise (cts 1-2); Cadence (cts 3-5; meas 3, cts 1-5).

NOTE: This variation is done by M only.

V. CROSS

1 Face ctr, step on L to L (ct 1); step on R behind L (ct 2); step on L to L, raise R slightly off the floor (ct 3); step on R in front of L (ct 4); step on L in place (ct 5).

2-3 Step on R slightly bkwd and sdwd R (ct 1); step on L in place (ct 2); Cadence (cts 3-5; meas 3, cts 1-5).

VI. "LAMBA LAMBA"

1 Face ctr, step on L to L (ct 1); step on R behind L (ct 2); step on L turning slightly L, and swing R leg, knee straight, fwd on L diag (ct 3); lift on L (ct 4); brush R ft bkwd to R bkwd diag, knee bent, R ft continuing around in back of L leg (ct 5).

2-3 Lift on L (ct 1); touch R toe behind L ft, turning body slightly to R diag (ct 2); Cadence (cts 3-5, meas 3, cts 1-5).

NOTE: Each Fig is danced as many times as the leader chooses. A pattern which fits the first record listed (XOPO LP 4, "Krivo Horo") is as follows: dance each step four times (with the W doing Fig V while the M do Fig IV, then both do Fig VI); Introduction, Meas 4-6; then each step three times (with the same exception noted above).

Fig II TOE-TOUCHES: Meas 2-3 have been omitted  
They should read:

2-3 Repeat meas 1, cts 4,5 (cts 1-2); Cadence (cts 3-5;  
meas 3, cts 1-5)

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