Lamba Lamba
(Bulgaria)

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

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

RHYTHM: 11/16 meter

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 Styling:
Bounce*, leap*, chug*, kick*, lift*, slide*, hop*

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 leg (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).
ERRATA

ELANA'S MAZUR  April Issue
Record: Za Gorami
Stamp Ending, pronunciation should be
"PSHIH-toop"

Fig II, meas 9-11: - delete last two sentences.
Fig IV, line 6 : - should read "(PSHIH-klenk)"

UNDER THE APPLE TREE  May/June Issue

Fig I, meas 1, line 2 - change 1/4 CCW to read "1/8 CCW"
Fig I, meas 5, line 1 - change sdwd on R to read "sdwd to R
with plie"

Fig III, meas 1, line 1 - delete across in front of R also
delete to side
line 2 - change beside to read "behind"

LAMBA LAMBA  July/August Issue

Fig 11  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)