

Ispaiche - Испайче

(Pirin, Bulgaria)

Ispaiche (eez-PAH-ee-cheh) is a men's dance from the Petrich region in the Pirin folk area. This dance was presented by Iliana Bozhanova and Todor Yankov at the 2023 Stockton Folk Dance Camp, held at the University of the Pacific in July.

Music: 11/8 meter, rhythm S, Q, Q, Q, Q (1-2-3,1-2,1-2,1-2), counted as 1, 2, 3, 4, 5.
For the music, contact Iliana at iliana33@gmail.com.

Video: 2023 SFDC Downloads. To view, contact a camper who purchased the downloads.

Formation: Open circle, facing center, hands in W-pos slightly above shoulder height and slightly forward.

Steps & Styling: M have high knees on beginning each figure. Movements are graceful, not sharp.

Meas	11/8 meter	PATTERN
4		INTRODUCTION. No action. Begin the dance with the singing.
	I.	FIGURE I. Facing ctr.
1		Lift on L raising R knee high (ct <u>1</u>); lift on L again, softly kicking R down to straight leg and, keeping toes fwd, draw a low circle from fwd to R (ct 2); step R to R (ct 3); step L in front of R (ct 4); step R behind L (ct 5).
2		Repeat meas 1 with opp ftwk.
3		Repeat meas 1.
4		Lift on R, raising L knee high (ct <u>1</u>), lift on L again, softly kicking L down to straight leg and, keeping toes fwd, draw a low circle from fwd to L (ct 2); step L behind R (ct 3); step R bkwd (ct 4); step L in front of R (ct 5).
	II.	FIGURE II. Facing ctr.
1		Lift on L, raising R knee high drawing a circle in the air from fwd to R (cts <u>1</u> -2); step R to R, bending R knee (ct 3); touch L heel in front of R (ct 4); touch L toe in place, bending R knee (ct 5).
2		Repeat meas 1 with opp ftwk.
3-4		Repeat Fig I meas 3-4.
	III.	FIGURE III. Facing ctr.
1-3		Repeat Fig II meas 1-3.
4		Turn alone L (CCW) with arms pulled in: step L next to R and begin turning (ct <u>1</u>); lift on L (ct 2); step R in place, continuing to turn (ct 3); lift on R (ct 4); step L in place to finish the turn (ct 5).

Sequence: Repeat as noted above to the end of the music.