

## Preskačanka - Прескачанка (Bulgaria)

Yves Moreau learned this dance in fall 1971 from a village dance group in Gecovo, Razgrad District, Northeast Bulgaria. Preskačanka (prehs-KAH-chahn-kah) belongs to the family of the well-known Pajduško Horo danced throughout Bulgaria and Macedonia. This version was popular among the Kapantsi people. The Kapantsi are said to be direct descendants of the early Bulgarian settlers (“protobulgarians”) who came from the Volga River area with their leader Asparukh in the 7<sup>th</sup> century C.E. The term “Kapantsi” is derived from *na kapki*, referring to a special “dotted” embroidery stitch found on their costumes. The Kapantsi lived primarily in some 20 distinct villages situated around the towns of Razgrad, Šumen and Târgovište in Northeast Bulgaria. Preskačanka was presented by Yves Moreau at the 1972 Stockton Folk Dance Camp and numerous times since, including Idyllwild Camp 1990 and Laguna Folk Dance Festival 1995.

Music: *Worldtone WT-YM-003A*  
CD: *Yves Moreau, Bulgarian Folk Dances Vol. 1 (the Red Album).*

Formation: Short lines of M and W mixed, hands joined in V-pos, facing ctr.

Rhythm: 5/16 meter. 1-2, 1-2-3 or quick-SLOW, counted here as 1, 2.

Steps and Styling: Kapantsi styling is a mixture of quick North Bulgarian movements with a touch of Dobrudjan heaviness. Knees are slightly bent throughout the dance, and arm movements are firm.

Measures	5/16 meter	PATTERN
		<u>INTRODUCTION.</u> None. Begin dance at the beginning of any musical phrase.
		I. <u>Na mjesto (nah-MYAHSS-toh) - (In place)</u>
1		Step on R in front of L, arms swinging fwd about parallel to floor (ct 1); shift wt back onto L in place, arms starting to swing bkwd (ct 2).
2		Step bkwd on R, arms swinging bkwd (ct 1); step on L in place, arms starting to swing fwd (ct 2).
3		Repeat meas 1.
4		Small hop on L in place, arms swinging bkwd (ct 1); small step on R slightly to R, arms starting to swing fwd (ct 2).
5-8		Repeat meas 1-4 with opp ftwk.
		II. <u>Na okolo (nah-OH-ko-lo) - (Around)</u>
		<b>Note:</b> During this figure, move in a clockwise oval, i.e., move fwd, to the R, bkwd, and to the L, ending in orig pos (2 meas for each direction).
1		Small hop on L in place, arms swinging fwd (ct 1); step fwd on R, arms starting to swing bkwd (ct 2).
2		Small leap fwd onto L ft next to R, arms swinging bkwd (ct 1); small step fwd on R, arms starting to swing fwd (ct 2).

3-8 Repeat meas 1-2 three more times, alternating ftwk and moving as described in the Note above.

III Napred-nazad (nah-PREHD nah-ZAHD) – (Forward and back)

1 Step on R in front of L as hands come up to W pos slightly fwd and pointing to L (ct 1); small step fwd on L, hands remaining pointing to L (ct 2).

2 Step on R ft to R as hands point to R (ct 1); small step fwd on L, hands remaining pointing to R (ct 2).

3-4 Repeat meas 1-2.

5 Small hop on L in place, hands starting to move fwd and upward (ct 1); step on R in front of L, hands moving downward (ct 2).

**Note:** During meas 6-16 arms swing rhythmically bkwd (as far as comfortable) and fwd (about parallel to the floor). On ct 1 of odd meas the arms are fwd; on ct 1 of even meas the arms are bkwd. Arms are in motion on ct 2 of each meas.

6 Shift wt back onto L in place (ct 1); shift wt onto R in place (ct 2).

7-8 Repeat meas 5-6 with opp ftwk.

9 Small hop on L in place (ct 1); step bkwd on R (ct 2) (“reel step”).

10 Still moving bkwd, repeat meas 9 with opp ftwk.

11-12 Repeat meas 9-10.

13 Wt on L, facing ctr, cross R over L (ct 1); shift wt back onto L (ct 2).

14 Small hop on L in place (ct 1); small step on R slightly R (ct 2).

15-16 Repeat meas 13-14 with opp ftwk.

NOTE: Leader calls each figure at will, preferably in the above sequence.



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