Abdal

(Bulgaria)

This is a dance for both men and women from the village of Gradets in the Vidin area of Northwest Bulgaria. It is composed of one figure in six measures.

Pronunciation: ahb-DAHL

Music: *From Bulgaria and Beyond* CD, Band 2 9/8 meter (QQQS)

Formation: Open circle; belt hold. Can also be performed with joined hands held down.

Steps & Styling: One figure in six measures.

Meas	Pattern
12 meas	INTRODUCTION. 4 meas (drum) + 8 meas (instrumental)
	DANCE
1	Face ctr with wt on L, R ft flexed, raising R ft back and slightly out to R (ct &); straighten L knee, clicking R ft beside L without wt (ct 1); repeat cts &,1, taking wt on R after click (cts 2,3); hold (ct 4).
2	Hop on R, bending L knee, and moving L ft in a circle up-fwd-down-up (front bicycle) (cts 1,2); hop on R (ct 3); step on L (ct 4).
3	Repeat meas 1, ending with wt on L.
4	Step on R to R (ct 1); step on L in front of R to R (ct 2); step on R to R (ct 3); step on L behind R to R (ct 4).
5	Step on R to R (ct 1); step on L in front of R (ct 2); hop on L (ct 3); step on R next to L (ct 4).
6	Repeat meas 2.

Presented by Daniela Ivanova