

Deninka

(Pirin-Macedonia, Bulgaria)

This is a women's dance from the Pirin-Macedonian region of Bulgaria. Traditionally danced by the bride and her female relatives and friend the day before the wedding to say "goodbye" to the bride.

Pronunciation: Deh-NIN-kah Translation: ?

Music: 7/8 meter (2.2.3 or short-short-long) OR 3/4 (which Gergana uses)

Formation: Open circle; hands in V-position.

Steps & Styling: Soft, gentle movements

Meas 3/4 meter

Pattern

INTRODUCTION. No action.

- 1 Facing ctr: step on R twd ctr. Arms begin to swing fwd (1-2), lift R heel off floor (3).
- 2 Step back on L away from ctr. Arms begin to sway back (1-2), lift L heel off floor (3).
- 3 Turning to face R and moving to R: Lift L heel off floor (1), step on R (2), step on L (3).
- 4-5 Continuing to move in LOD: 6 steps forward.
- 6 Turning to face ctr: Step on R to R (1), step on L in front of R, arms come to W-pos (2), step on R in place (3).
- 7 Lift R heel off floor (1), step on L to L (2), step on R in front of L (3).
- 8 Lift R heel off floor (1), step on L to L (2), step on R behind L (3).
- 9 Repeat meas 7.
- 10 Step on L away from ctr as arms begin to swing down and back (1-2), lift L heel off floor (3).

Presented by Gergana Panova
English translation by Lee Otterholt