

SREBRANSKI DANETS

Сребрански Данец

(N.W. Bulgaria)

Danec, also known as *Buenek* or *Buenec*, is a ritual dance done mostly by women for specific folk customs such as *Lazaruvane* (springtime). The movements are mostly simple walking steps travelling in various directions and often done just to singing. The arm movements here are typical for forms from Dobrudža.

Music: Yves Moreau CD

Rhythm: 2/4

Formation: Open circle with hands in W pos.

Style: Proud and «earthy» (slight knee bend)

Arms: Arm «waves»: Arms are held slightly fwd with bent elbows held at approx. head height with forearms close tog. They move softly slightly up and then softly sdwd R and L with a light «windshield wiper» style of movement.

Measure 2/4

Pattern

Introduction: 16 meas, no action.

1. Forward and back

- 1 Facing ctr, step R fwd as L remains touching bkwd, straightening knees – hands push slightly upward (1) close L beside R softly sinking onto bent L leg – remaining in W pos, hands slightly lower (2)
- 2-8 Repeat meas 1, seven more times moving fwd.
- 9-16 Repeat meas 108, moving bkwd with same ftwk
Note: Leaders at either end of line may (optional) «curl» line during meas 1-8 and out during meas 9-16.

2. Sideways & stamps

- 1-6 Facing ctr, repeat fwk and arm movements of Fig. 1, moving sdwd to R.
- 7-8 Step R to R (1) two soft stamps with L beside R, no wt, elbows pull down on each stamp (and) pause (2)
- 9-16 Repeat meas 1-8, with opp ftwk, moving sdwd L.

3. Scuff fwd, wave arms

- 1 Fcing ctr, step R fwd & start waving arms sdwd R (1) light scuff or brush with L fwd – complete R arm wave (2)
Body movement: When arms wave to R, upper body leans slightly to R
- 2-6 Repeat meas 1, alternating fywk and arm motions
- 7 Strong step on R (1) strong step on L beside R (2)
- 8 Strong step on R beside L, no wt (1) hold (2)
Arms: During meas 7-8, the arms move up and then with fwd and down motion.
- 9-16 Repeat meas 1-8, moving bkwd with same ftwk and arm movements.

4. Travel with scuffs and reverse

- 1-6 Facing R of ctr nd moving in LOD, repeat Fig. 3, meas 1-6 (6 step-scuffs, beg R)
- 7-8 Releasing hands, step R.L,R (no wt on last step) with slight accent – turning $\frac{1}{2}$ R (CW) hands remain in W. pos (cts 1-2 &) hold (2). End facing out.
- 9-16 With back to ctr, rejoin hands nd repeat ftwk and arm movements of meas 1-8 in RLOD. End facing ctr.

Repeat dance from beg.

Description by Yves Moreau