

Bera

Region: Graovo Area (Villages of Rezhantsy, Konska, Viskyar, Velkovtsy, Noevtsy), Shopluk, Bulgaria.

Pronounced: BEH-rah

Audio/Video reference: CD NK 2017.3

Meter: 7/8(Q Q S) or 1, 2, 3

Formation: Female line, hands in belt-hold position.

Style: Light and jumpy, with sharp change of movements, with body in a “stiff” straight-up posture. Wrists and shoulders bounce on each measure.

Source: Group for authentic dances from Noevtsi, Graovo area. Bera means to *pick, to harvest* and the dance movements resemble bending down to pick crops.

Meas	Cnt	Dir	Foot Work	Arm Work
	1-12		Introduction: no action	
			FIGURE I	
1	1	LOD	Tap L heel, lifting R knee fwd and then pumping R leg fwd-low	Belt-hold
	2		St on R fwd, bouncing R knee down	
	3		St on L fwd	
2-3			Repeat meas 1 two times.	
4	1	CTR	Tap L heel	
	2		St on R swd right	
	3		Touch the floor across in front of R ft with the pinky of L ft, while tapping R heel.	
5	1-3		Repeat meas 4 with opposite footwork.	
6	1-3		Repeat meas 4	
7-12		RLOD	Repeat meas 1-6 with opposite footwork and direction.	
			FIGURE II	
1-3		LOD	Repeat meas 1-3 of Figure I	
4	1	CTR	Leap on R swd right	
	2		St on L in front of R, keeping R on the floor	
	3		With weight on ball of L foot, pivot L heel to the right	

5	1-3		Repeat meas 4 of Figure II with opposite footwork
6	1-3		Repeat meas 4 of Figure II
			FIGURE III
1	1	CTR	Leap on L in place, extending R leg fwd-low
	2		Leap on R in place, extending L leg fwd-low, imitating scissors movement.
	3		Stamp L heel (knee straight) in front of R ft, bending R knee
2	1		Leap on L bkwd
	2		Leap on R in place, turning L heel out
	3		Hop on R, simultaneously sharp click with L ft (without taking body weight) against and parallel to R foot
3	1		Hop on R, lifting L knee fwd
	2		Leap on L in place, turning R heel out
	3		Hop on L, simultaneously sharp click with R ft (without taking body weight) against and parallel to L foot
4	1,2	RLOD	Hop on L fwd, lifting R knee fwd and then brushing R toes on the floor next to L heel and then bkwd
	3		Hop on L fwd, lifting R knee fwd and then brushing R toes on the floor next to L heel and then bkwd
5	1		Hop on L in place, lifting R knee fwd
	2		St on R in front of L, keeping L ft on the floor
	3	CTR	Tap R heel, while pivoting it CW, simultaneously lift L ft and step on the same spot behind R ft
6	1		Leap on R swd right
	2		Step on L in front of R, keeping R ft on the floor
	3		Tap L heel, while pivoting it CCW, simultaneously lift R ft and step on the same spot behind L ft
7-12			Repeat meas 1-6 of Figure 3.
			FINALE (in order to fit the recorded music)
			Replace meas 12 of Figure III with the following:
12	1	CTR	St on R in place
	2		St on L in place
	3		Sharply bend L knee, tucking R ft behind L knee
			Suggested sequence (in order to fit the recorded music)
			Figure 1 once. Figure II once. Figure III once.
			Repeat the three figures with opposite direction and footwork
			Keep this structure till the end of the music.

Abbreviations:

BKWD:	Backwards
CTR :	Center
CW :	Clockwise
CCW :	Counter clockwise
FWD :	Forward
L :	Left
LOD :	Line of Direction
Meas. :	Measures
On L :	On left foot
On R :	On right foot
Pos :	Position
R :	Right
RLOD :	Reversed line of direction
St :	Step
SWD :	Sidewards

Song

Bulgarian

Я Снощо, Мамо, Отидо

Я снощи, мамо, отидо,
На студен, бистър кладенец,
Кончето да си напоя,
Чорапйе да си опера.
Конче ми вода не пие,
Чорапйе сапун не лова.

Кога нагоре погледна,
Мойето либе там беше,
Сос друго либе стойеше.
Мойте му думи думаше,
Мою му пръстен даваше,
И я го, мамо, прокълнах.

Девет години да лежиш,
На десетата да станеш,
Со сламка да се подпираш,
И она да е возтежка.
Конче да ти е комаро,
И он да ти е височок.

Со соба у гърне да влезнеш,
У нетре турски да седнеш,
И там да ти е широко.
Да пойдеш, либе, да просиш,
Сос едно блюдо просешко,
На наще порти да дойдеш.

Я че те, либе, даруем,
У едно блюдо брашънце.
На моко да го замесиш,
Три дни от него да ядеш,
Половин да го изядеш,
И ногу да се наядеш.

Transliteration

Ya snoshti, mamо, otido,

Ya snoshti, mamо, otido,
Na studen bistar kladenets,
Koncheto da si napoya.
Chorapye da si opera.
Konche mi voda ne pie,
Chorapye sapun ne lova.

Koga nagore pogledna,
Moyeto libe tam beshe,
Sos drugo libe stoyeshe.
Moyte mu dumi dumashe,
Moyu mu prasten davashe.
I ya go, mamо, prokulnah.

Devet godini da lezhish,
Na desetata da stanesh,
So slamka da se podpirash,
I ona da e voztezhka.
Konche da ti e komaro,
I on da ti e visochok.

So soba u garne da vleznesн,
U netre turski da sednesн,
I tam da ti e shiroko.
Da poydesh, libe, da prosish,
Sos edno blyudo prosyashko,
Na nashte porti da doydesh.

Ya ache te, libe, daruem,
U edno blyudo brashantse,
Na moko da go zamesish,
Tri dni ot nego da yadesh,
Polovin da go izyadesh,
I ного da se nayadesh.

Translation

Mom, I went last night

Mom, I went last night,
To a cold, clear spring,
To give water to my horse,
To wash my socks.
My horse didn't want to drink water,
The sock didn't absorb the soap.

When I looked up,
I saw my fiancé,
With another beloved one.
He said to her my words,
Gave her my ring,
And, mom, I cursed him.

To be sick nine years,
To get up in the tenth one,
To support himself with a straw,
And to feel it heavy.
To have a mosquito for a horse,
Too high for mounting.

To fit his room in a pot,
To sit cross-legged in it,
And still to have a lot of space left.
To go begging,
With a beggar's bowl.
To knock at our gate.

I will give you, my fiancé,
A cup of flour,
To knead dough,
To eat it for three days,
To finish half of it,
And to be full.