

# Daychovata

Region: Village of Mramoren, Vratsa district, Vratsa area, Ethnographic area of Mizia, Bulgaria.

Audio/Video reference: CD NK 2017.1

Measure: 9/8 (Q Q Q S) or 1, 2, 3, 4&

Formation: Mixed line, hands in V-position.

Source : Group for authentic folklore of the village of Mramoren.

Meas	Cnt	Dir	Foot Work	Arm Work
1-16			<b>INTRO</b>	V-pos
			<b>FIGURE I (x 2)</b>	
1	1	LOD	Hop on L fwd, lift R knee fwd	V-pos swing fwd
	2		St on R fwd	
	3		St on L fwd	V-pos swing bkwd
	4		St on R fwd	
2	1		Hop on R, lift L knee fwd	Repeat
	2		St on L fwd	
	3		St on R fwd	
	4		St on L fwd	
3	1	CTR	Hop on L in place while turning to ctr, lift R knee fwd	
	2		St on R to the right	
	3		St on L in front of R	
	4		St on R in place (behind L)	
4	1		Hop on R in place, lift L knee fwd	
	2		St on L next to R	
	3		St on R in front of L	
	4		St on L in place (behind R)	
5	1		High leap on R next to L, lift L knee fwd	
	2		St on L in front of R	
	3		St on R in place (behind L)	
	4		St on L next to R	
6	1		St on R in front of L	
	2		St on L in place (behind R)	
	3		St on R swd in II parallel position	
	4		St on L in place (in II parallel position)	
7	1		Repeat meas 6: St on R in front of L	

	2		St on L in place (behind R)	
	3		St on R next to L	
	4		St on L in place (next to R)	
			<b>FIGURE II (x1)</b>	
1	1	LOD	Hop on L fwd, lift R knee fwd	
	2		St on R fwd	
	3		St on L fwd	
	4		St on R fwd	
2	1		Hop on R, lift L knee fwd	
	2		St on L fwd	
	3		St on R fwd	
	4		St on L fwd	
3	1	CTR	In place: St on R in front of L	
	2		St on L in place (behind R)	
	3		St on R swd in II parallel position	
	4		St on L in place (in II parallel position)	
4	1		Moving to the left by: St on R in front of L	
	2		St on L to the left	
	3		St on R in front of L	
	4		St on L to the left	
5	1		In place: Higher leap on R next to L, lift L knee fwd	
	2		St on L in front of R	
	3		St on R in place (behind L)	
	4		St on L next to R	
6	1		St on R in front of L	
	2		St on L in place (behind R)	
	3		St on R next to L in II parallel position	
	4		St on L in place (in II parallel position)	
7	1		Leap on both ft fwd to the ctr, landing on R with bent knee while L calf is crossed behind R calf touching the ground behind R heel with the top side of 4 <sup>th</sup> and 5 <sup>th</sup> toes	
	2		Pause	
	3		Hop on R in place , lift L knee fwd	
	4		St on L bkwd	
8	1		Hop on L in place, lift R knee fwd	
	2		St on R in place	
	3		Hop on R in place, lift L knee fwd	
	4		St on L in place	
9	1	CTR	Repeat meas 3-8: In place: St on R in front of L	
	2		St on L in place (behind R)	
	3		St on R swd in II parallel position	
	4		St on L in place (in II parallel position)	

10	1	Moving to the left: St on R in front of L	
	2	St on L to the left	
	3	St on R in front of L	
	4	St on L to the left	
11	1	In place: High leap on R next to L, lift L knee fwd	
	2	St on L in front of R	
	3	St on R in place (behind L)	
	4	St on L next to R	
12	1	St on R in front of L	
	2	St on L in place (behind R)	
	3	St on R swd in II parallel position	
	4	St on L in place (in II parallel position)	
13	1	Leap on both ft fwd to the ctr, landing on R with bent knee while L calf is crossed behind R calf touching the ground behind R heel with the top side of 4 <sup>th</sup> and 5 <sup>th</sup> toes	
	2	Pause	
	3	Hop on R in place , lift L knee fwd	
	4	St on L bkwd	
14	1	Hop on L in place, lift R knee fwd	
	2	St on R in place	
	3	Hop on R in place, lift L knee fwd	
	4	St on L in place	

**Abbreviations:**

BKWD: Backward  
 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 : Sideward