

# Dzhanguritsa

Region: Gotse Delchev area, Pirin Macedonia, Bulgaria.

Pronounced: dzhan-GUH-ritsah

Audio/Video reference: CD NK 2017.1

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

Formation: Mixed line, hands in W-position alternating with V-position.

Style: Light and bouncy in ankles and knees, specially using the balls of the feet for smooth bouncing.

Source: Petko Frangov, researcher, Gotse Delchev.

Meas	Ct	Dir	Foot Work	Arm Work
1	1	RLOD	Hop on L foot in place, while R heel touches floor in front of L	Bounce down in W-position
	2		Hop on R in place, and kick L heel behind body plane, while keeping knees together	Swing bkwd in V-pos
	3	LOD	Hop on R in place, brushing L heel fwd next to R	Swing fwd in V-pos to up in W-pos
	4		Hop on R, lifting L knee up	Bounce down in W-pos
	&		St on L next to R.	
2	1		St on R fwd	Keep W-pos
	&		St on L fwd, bending L knee	
	2&		St on R fwd	
	3&		St on L fwd	
	4		Hop on L fwd, lifting R knee fwd	
	&		St on R fwd	
3	1	CTR	Hop on R in place, touching floor with L toes across in front of R	
	2		Hop on R in place, touching floor with L toes fwd-left	
	3		Same as ct 1	
	4		Hop on R in place, L heel starting a circle swd-left close to floor	
	&		St on L behind R	
4	1		St on R in place (in front of L)	
	&		St on L in place (behind R), bending L knee	

	2		St on R in front of L, bending R knee, swinging L foot to the right behind L calf, keeping knees together	
	3		St on L behind R bending L knee, swinging R foot to the left in front of L shin bone, keeping knees together	
	4		St on R behind L	
	&		St on L in place (in front of R)	
			Repeat sequence as desired.	

**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 : Sideward