

GINKA

(PIRIN, BULGARIA)

Ginka, a woman's name, is a popular dance from the Pirin region of South-Western Bulgaria. I learned this dance from Jaap Leegwater who saw it at a wedding in Blagoevgrad. Later, I learned a version from dancers from Petrich.

Recording: Workshop CD

Formation: Open circle with a "W" hand hold

Music: 7/8-7/16 (S-q-q)

Dancer's Cts: 1-2 or 1-2-&

Meas:

Basic

- 1 Facing R of ctr, Lift on Lft and raise R knee up/fwd and extend Rft fwd (ct 1); Step Lft fwd (ct 2);
- 2 Lift on Rft and raise L knee up/fwd and extend Lft fwd (ct 1); Step Lft fwd (ct 2);
- 3 Lift on Lft and raise R knee up/fwd and extend Rft fwd (ct 1); Step Rft fwd (ct 2);
- 4 Still facing R of ctr, Step Lft across and in front of Rft (ct 1); turning to face ctr, Step Rft back (ct 2);
- 5 Lift on Rft and bring Lft (knee bent and up/fwd) around and back of Rft (ct 1); Step Lft behind Rft (ct 2);
- 6 Turning to face R of ctr, Step Rft fwd to R (ct 1); Step Lft fwd (ct 2).

*Note: As music gets faster, hands are lowered to a "V" position and lifts become hops and extensions become kicks. In Petrich, often the arms are brought fwd and down to a "V" position during meas 4 and back up to a "W" during meas 5.

Travel Step (fast music)

- 1 Facing R of center with arms in "V" position, Lift on Lft and kick Rft fwd low (ct 1); Step Rft fwd (ct 2);
- 2 Lift on Rft and kick Lft fwd low (ct 1); Step Lft fwd (ct 2);
- 3 Lift on Lft and kick Rft fwd low (ct 1); Lift on Lft in place and bring Rft back (ct 2); Step Rft slightly back (ct &); *Note: Rhythm is S-q-q (1-2-&).
- 4 Step Lft fwd to R (ct 1); Step Rft fwd (ct 2);
- 5-8 Reverse ftwk of meas 1-4 of Travel Step but continue to progress fwd to R.

*Note: The Lift/kicks done above are really "Čukčes": raising and lowering the heel of the supporting leg/foot on ct 1.

Fancy Basic (fastmusic)

- 1-4 Repeat action of meas 1-4 of Travel Step, but turning to face ctr, Jump onto both ft together on ct 2 of meas 4;
- 5 Hop on Rft and extend Lft fwd low and begin to bring around to back (ct 1); Hop on Rft in place again as Lft continues bath around to back (ct 2); Step Lft behind Rft (ct &); *Note: Rhythm is S-q-q (cts 1-2-&);
- 6 Turning to face R of ctr, Step Rft fwd to R (ct 1); Step Lft fwd (ct 2).

