

Ginka

Region: Petrich area, Pirin Macedonia, Bulgaria.

Pronounced: GIN-kah

Audio/Video reference: CD NK 2017.1

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

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

Style: Light steps, soft leaps and hops, wavy bounces at ankles mainly.

Source: Local weddings in Petrich area.

Meas	Ct	Dir	Foot Work	Arm Work
1-4			INTRO	W-pos
			FIGURE I	
1	1	LOD	Tap L heel, lifting R knee fwd and then pumping R leg fwd-low in preparation for the next step	
	2,3		St on R fwd	
2	1		Tap R heel, lifting L knee fwd and then pumping L leg fwd-low in preparation for the next step	
	2,3		St on L fwd	
3	1		Tap L heel, lifting R knee fwd and then pumping R leg fwd-low in preparation for the next step	
	2,3		St on R fwd	
4	1		St on L in front of R	
	2,3		St on R behind L	
5	1	CTR	While pivoting to CTR, tap R heel lifting L knee up	
	2,3		St on L behind R	
6	1	LOD	St on R fwd	
	2,3		St on L fwd	
			Repeat sequence as led by the line leader on slower music.	
			FIGURE II	
1	1	LOD	Hop on L fwd, lifting R knee fwd and then pumping R leg	V- pos

			fwd-low in preparation for the next step	
	2,3		St on R fwd	
2	1		Hop on R fwd, lifting L knee fwd and then pumping L leg fwd-low in preparation for the next step	
	2,3		St on L fwd	
3	1		Hop on L in place, pumping R leg fwd-low	
	2		Hop on L in place lifting R knee up	
	3		St on R next to L	
4	1		St on L next to R	
	2,3		St on R next to L	
5	1	CRT	Hop on R in place, pumping L leg fwd-low	
	2		Hop on R in place lifting L knee up	
	3		St on L next to R	
6	1		St on R next to L	
	2,3		St on L next to R	
			Repeat sequence as led by the line leader on faster 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 : Sideward