

# Nechenata

Region: Village of Dulboki, Stara Zagora Area, Trakia, Bulgaria.

Pronounced: NEH-cheh-nah-tah

Audio/Video reference: CD NK 0814

Meter: 2/4 (Q Q)

Formation: Mixed line, hands in W-position.

Style: Jumpy and light, sharp knee lifting. Arms swing quickly with small amplitude when in V-position.

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

Meas	Cnt	Dir	Foot Work	Arm Work
1	1	LOD	St on R fwd	W-pos bounce up
	2		Hop on R	Bounce down
2	1		St on L fwd	Bounce up
	2		Hop on L	Bounce down
3	1	CTR	St on R swd right	Bounce up
	2		St on L behind R	V-pos swing bkwd
4	1		St on R next to L, L knee up	Swing fwd
	2		Hop on R, straighten L leg fwd-low	Swing bkwd
5	1		St on L next to R, R knee up	Swing fwd
	2		Hop on L, straighten R leg fwd-low	Swing bkwd
6	1		St on R next to L, L knee up	Swing fwd
	2		Hop on R, straighten L leg fwd-low	Swing bkwd
7	1		St on L swd left	Swing fwd
	2		St on R behind L	Swing bkwd
8	1		St on L swd left	Swing fwd
	2		St on R behind L	Swing bkwd
9	1		St on L next to R, R knee up	Swing fwd
	2		Hop on L, straighten R leg fwd-low	Swing bkwd
10	1		St on R next to L, L knee up	Swing fwd
	2		Hop on R, straighten L leg fwd-low	Swing bkwd
11	1		St on L next to R, R knee up	Swing fwd
	2		Hop on L, straighten R leg fwd-low	Swing bkwd
12	1	RLOD	Emphasized st on whole R foot in front of L while bending R knee, kicking L heel bkwd up,	Swing fwd

			keep knees together	
	2	CTR	St on L in place (behind R foot)	Swing bkwd
			Repeat 12-bar 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 : Sidewards