

Vlashko

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

Pronounced: VLAH-shkoh

Audio/Video reference: CD NK 0910

Meter: 2/4 (Q Q)

Formation: Mixed line, open circle, hands in belt-hold position.

Style: Jumpy and light, shoulders and wrists are relaxed and bounce all the time.

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

Meas	Cnt	Dir	Foot Work
1	1	CTR	St on L in front of R
	2		St on R in place
2	1		St on L swd left
	2		St on R in place
3	1		St on L in front of R
	2		St on R in place, kick left heel swd left in preparation for the next movement
4	1		Click L heel onto R heel, while jumping on both feet next to each other
	2		St on L in place, kick R heel swd right
5	1		Click R heel onto L heel, while jumping on both feet next to each other
	2		St on R in place, kick L heel swd left
6	1		Click with L heel (same as meas 4)
	2		
7	1		Click with R heel (same as meas 5)
	2		
8	1		Click with L heel (same as meas 4)
	2		
1	1		Stamp R heel in front of L leg with straight R leg, while L knee bends and body leans fwd from waist up
	2		In same bent-body position, stamp R heel swd right
2	1		In same body-bent position, stamp R heel in front of L foot.
	2		St on R bkwd.
3	1		St on L fwd, st on R fwd
	2		St on L fwd
4	1		St on R fwd, St on L fwd
	2		St on R fwd

5	1		Hop on R bkwd, lift L knee fwd-up, st on L bkwd
	2		St on R bkwd
6	1		Hop on R bkwd, lift L knee fwd-up, st on L bkwd
	2		St on R bkwd
			Repeat 14-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