

# Alulenu

(Bulgaria)

This is a dance for both men and women from the village of Vrav in Northwest Bulgaria, the Vidin–Danube river area). “Alunelu” is a Vlach word that means “hazelnut.” The dance is performed with instrumental accompaniment. The dance pattern includes 4 figures.

Pronunciation: ah-loo-NEH-loo

Music: *Ya si te daruvam surtseto, dushata* CD (*I Give You My Heart, My Soul*) 2/4 meter  
Songs & Dances from Bulgaria, Macedonia, & Serbia. Band 5.  
*Dances from Serbia & Northwest Bulgaria*. Band 1.

Formation: Open circle; belt hold, facing ctr.

Steps & Styling: Feet parallel.

## Meas

## Pattern

4 meas

### INTRODUCTION

#### I. FIGURE I

- 1 Step on R fwd (ct 1); step on L beside R (ct &); step fwd on R (ct 2); hop on R with L slightly lifted (ct &).
- 2 Step on L fwd (ct 1); step on R beside L (ct &); step fwd on L (ct 2); hop on L with R slightly lifted (cts &).
- 3 Repeat meas 1.
- 4 Repeat meas 2.
- 5 Step on R bkwd (ct 1); step on L bkwd (ct &); step on R, L, bkwd (cts 2,&).
- 6 Step on R bkwd, (ct 1); step on L bkwd (ct &); step on R and stamp L in place (cts 2,&).
- 7 Step on L in place (ct 1); stamp R (ct &); step on R in place, (ct 2); stamp L (ct &).
- 8 Step on L in place (ct 1); stamp R (ct &); stamp R (cts 2,&).
- 9-16 Repeat meas 1-8.

#### II. FIGURE II

- 1 Step on R in place (ct 1); step on L in front of R (ct &); step on R in place (ct 2); small L kick fwd (ct &).
- 2 Step on L in place (ct 1); step on R in front of L (ct &); step on L in place (ct 2); small R kick fwd (ct &).
- 3 Step on R in place (ct 1); step on L across in front of R (ct &); step on R in place (ct 2); step on L in place (ct &).

## Alulenu—continued

- 4 Step on R in front of L (ct 1); step on L in place (ct &); step on R in place (ct 2); step on L in front of R (ct &).
- 5 Step on R in place (ct 1); step on L in place (ct &); step on R in front of L (ct 2); step on L in place (ct &).
- 6 Step on R in place (ct 1); step on L in front of R (ct &); step on R in place (ct 2); small L kick fwd (ct &).
- 7-12 Repeat meas 1-6 with opp ftwk and direction, except on meas 6, ct &, lift L fwd.

III. FIGURE III

- 1 Step on R heel to R (ct 1); step on L behind R (ct&); step on R heel to R (ct 2); step on L behind R (ct &).
- 2 Step on R heel to R (ct 1); step on L behind R (ct &); step on R heel to R (ct 2); lift L (ct &).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.

IV. FIGURE IV

- 1 Leap onto R (ct 1); stamp L in place (ct &); leap onto L (ct 2); stamp R in place (ct &).
- 2 Leap onto R (ct 1); stamp L in place (ct &); stamp L in place (cts 2,&).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.

SEQUENCE: Fig I, Fig II, Fig III, Fig IV, then Fig II, Fig III, Fig IV and repeat everything from the very beginning.

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