

# Elinpelinsko Četvorno

(Bulgaria)

Četvorno is a widespread form of dance in Western Bulgaria, especially in the Šop region around Sofia. The following steps and patterns were observed by Yves Moreau in 1986 as danced by a group from the village of Elin Pelin.

Pronunciation: eh-leen-peh-LEEN-skoh chet-VOHR-noh

Music: 7/8 meter (SQQ) CD: *Yves Moreau Stockton Folk Dance Camp 2009, Band 7.*

Formation: Mixed open circle or line. Face slightly R of ctr, wt on L. Belt hold is most common. Hands joined down at sides can also be used.

Steps: Twist: with ball of ft on floor, ft slightly apart, rotate ft in place: R – CW, L – CCW.

Styling: Small and "earthy" steps. Steps in LOD are slightly larger than the corresponding steps in RLOD, producing a net movement in LOD.

<u>Meas</u>	<u>7/8 meter</u>	<u>Pattern</u>
1-8	<u>INTRODUCTION</u>	Instrumental music, no action.
	I. <u>BASIC FIGURE WITH TWISTS</u>	
1	In LOD, step on R to R (ct 1); step on L in front of R (ct 2); hold (3).	
2	Step on R to R, twisting L ft (ct 1); step on L to L (ct 2); step on R behind L (ct 3).	
3-4	Repeat 1-2 with opp ftwk and direction, but end with L ft in front of R ft on last ct of meas 4.	
5	Step on R in place, twisting L ft (ct 1); step on L in place (ct 2); step on R in front of L (ct 3).	
6	Repeat meas 5 with opp ftwk.	
7	Sharp low kick with R ft fwd (ct 1); two steps in place R, L (cts 2,3).	
8	Repeat meas 7 once again.	
9-16	Repeat meas 1-8.	
	II. <u>VARIATION WITH LIFTS &amp; SCISSORS</u>	
1-4	Repeat Fig I, meas 1-4, end last ct with L ft next to R ft.	
5	Small sharp step fwd on R, simultaneously raising L knee and bringing L ft behind R calf (ct 1); small quick lift on R (ct 2); step on L in place (ct 3)	
6	Repeat meas 5.	
7-8	Two little "scissor" steps in place (R,L,R, L,R,L). Scissors are small and flat-footed with slight knee-bend.	

Leader can call change of figures at will.

Presented by Yves Moreau