

Išu Byala Nedo

(Thrace, Bulgaria)

This women's dance was learned from Belčo Stanev.

Pronunciation: EE-shu BYAH-la NEH-doh

Music: 11/8 meter, counted 1 2 3 4 5 or *Balkan I 2010 Steve's Dances CD, Band 13*
1 2 3 & 4 5, QQSS+ or QQQSS+

Formation: Closed circle; hands joined in escort hold.

Meas 11/8 meter

Pattern

INTRODUCTION. None.

DANCE

- 1 Facing R of ctr, step fwd R (ct 1); step fwd L (ct 2); step fwd R (ct 3); step fwd L (cts 4, 5).
- 2 Repeat meas 1.
- 3 Turning to face ctr, step sdwd on R (ct 1); step on L close to R heel (ct 2) step R quickly and softly in place (ct 3); step L quickly and softly beside R (ct &); step R in place (ct 4); step L in front of R (ct 5).
- 4 Step R back to place (ct 1); step L beside R (ct 2); step R quickly and softly slightly in front of L (ct 3); step quickly L in place (ct &); step R back to place (ct 4); step L in place (ct 5).

Sequence: meas 1-4 thirteen times

Ending:

- 1-3 Music slows dramatically. Step R bkwd (pause in music, no singing).
- 4 (Singing resumes) Step L to L (ct 1); step on R next to L (ct 2); step L to L (ct 3); step R next to L, without wt (cts 4-5).
- 5-8 Repeat meas 1-4 of Dance.
- 9-10 Repeat meas 1-2
- 11 Step R to R; step L next to R; hold.

Presented by Stephen Kotansky