

Elerinka

From Pirin Mountains

Elerinka is a women's dance. The steps are very soft with low movements and bounces with the knees.

Pronunciation: eh-lehr-EEN-kah

Formation: Closed circle

Position: Hands down in V position

Meter: 1 meas = 11/8 + 7/8 (QQSQQ + SQQ)

Meas **Introduction**

1-7 No action, begin with wt on L ft

Meas **Figure 1** (moving in LOD – to right)

1 Q Lift L heel while raising and making vertical circle in front with R ft as if stepping over a sleeping cat

Q Step on R ft fwd in LOD

S Lift R heel while raising L ft, making circle

Q Lift R heel, continue circle with L

Q Step on L ft fwd in LOD

S Step on R ft fwd in LOD

Q Lift R heel while making circle with L ft

Q Step on L ft fwd in LOD

2 same as Meas 1

3 Q Lift L heel while raising R ft, making circle

Q Step on R ft fwd in LOD

S Lift R heel while raising L ft, straightening L knee, turning to face ctr, and making horizontal circle with L ft from LOD to left

Q Lift R heel, continue circle with L

Q Step on L ft behind R ft

S Step on R ft twds ctr raising arms to W pos

Q Lift R heel keeping L ft behind R calf

Q Step on L ft bkwd

4 Q Still facing ctr, step on R ft beside L

Q Step on L ft across R ft

S Step on R ft in place

Q Lift R heel

Q Step on L ft beside R

S Step on R ft in place, sinking down

Q Step on L ft in place

Q Step on R ft in place

- 5 Q Step on L ft bkwd, bending body fwd
 Q Step on R ft in place
 S Touch L toes fwd and hold
 Q hold
 Q hold
- S Raise L knee and kick L ft fwd softly, making horizontal circle front to left
 Q Lift R heel, continue circle with L to behind
 Q Step on L ft behind R
- 6 Q Still facing ctr, step on R ft to right
 Q Step on L ft behind R
 S Step on R ft to R, and kick L ft to left softly
 Q Lift R heel, making horizontal circle with L from left to fwd, turning to face LOD
 Q Step on L ft fwd in LOD
- S Step on R ft fwd lowering arms to V pos
 Q Lift R heel
 Q Step on L ft fwd

Repeat Figure 1 until music ends