

Kalina

Strandzha Mountains – Thrace

Kalina is a women's dance with very soft dancing style.

Formation: Open circle

Position: Hands down in V position

Meter: 1 meas = 13/8 + 9/8 (QQQSQQ + QSQQ)

Meas **Introduction**

1-4 No action, facing centre, begin with wt on L ft

Meas **Figure 1** (singing)

Facing ctr, moving in LOD – to right

- 1 Q Facing ctr, step on R ft to right (1)
Q Step on L ft behind R ft (2)
Q Facing R, step on R ft fwd in LOD (3)
S Step on L ft fwd in LOD (4)
Q Lift on L heel while making circle with R ft (lift)
Q Step on R ft fwd in LOD (step)

Q Step on L ft fwd in LOD (1)
S Step on R ft fwd in LOD (2)
Q Lift on R heel while making circle with L ft (lift)
Q Step on L ft fwd (step)
- 2 Q Lift on L heel (lift)
Q Step on R ft fwd in LOD (step)
Q Step on L ft fwd in LOD (1)
S Step back on R ft in place (2)
Q Facing ctr, step on L ft fwd towards ctr (3)
Q Step back on R ft in place (4)

Q Lift on R heel while circling L ft behind R (lift)
S Step on L ft behind R ft (step)
Q Step on R ft to right still facing ctr (1)
Q Step on L ft behind R ft (2)

Repeat Figure 1

Meas **Figure 2** (instrumental) - make triangle

- 1 Q Facing diag R of ctr, step on R ft fwd (1)
Q Step on L ft fwd (2)
Q Step on R ft fwd (3)
S Step on L ft fwd (4)
Q Facing ctr, lift on L heel (lift)
Q Step on R ft across L ft (step)

Q Step on L ft to left (1)
S Step on R ft across L ft (2)
Q Lift on R heel (lift)
Q Step back on L ft (step)
- 2 Q Step back on R ft (1)
Q Step back on L ft (2)
Q Step back on R ft (3)
S Step back on L ft (4)
Q Lift on L heel (lift)
Q Step on R ft fwd (step)

Q Lift on R heel (lift)
S Step back on L ft (step)
Q Step back on R ft (1)
Q Step on L ft across R ft (2)

Repeat Figure 2

Repeat from beginning until music ends

Note: *Arms were not taught at the Festival
From Iliana's notes, arms move as follows:*

Figure 1 Arms in V position throughout

Figure 2 Arms start in V position

QQQS While facing diag R of ctr, arms move gradually to R side with bent elbows;
forearms horizontal

QQ QSQQ When turning to face ctr at corner of triangle, move arms to the L side, while
keeping forearms horizontal and elbows bent

QQQS When backing out of ctr, arms return to V pos

QQ QS During lift steps, swing arms slightly bkwd and fwd

QQ At end of Figure 2, arms return to V position