

## ELERINKA

**Rhythm** – 11/8 + 7/8 b – QQSQQ + SQQ

**Music:** CD IHB #12 - FIRE, Track 15

From Pirin mnts.

ELERINKA is a female dance in a closed circle. The hands are held down at the beginning and the LOD is to the right side in the circle. The style of dancing is very soft with low movements and bounces with the knees.

**Figure 1** – 6 meas. ( Attention! 1 meas.=11/8 + 7/8 b )

**Meas.1** – facing LOD - R side in the circle

**Arms:** They are held down

11/8 -1. Vertical front circle with R ft fwd, while lifting on L ft

2. Step on R ft fwd – to LOD

3. Vertical front circle with L ft fwd, while lifting on R ft

4. Lift on R ft

5. Step on L ft fwd – to LOD

7/8b- 1. Step on R ft fwd – to LOD

2. Lift on R ft

3. Step on L ft fwd – to LOD

**Meas.2** – same as Meas.1

**Meas.3** – facing LOD

11/8 -1. Vertical front circle with R ft fwd, while lifting on L ft

2. Step on R ft fwd – to LOD

3. L ft is drawing circle from front to left, while turning to **facing center** and lift on R ft

4. Lift on R ft

5. Step on L ft behind R ft

7/8b- 1. Step on R ft across L ft

**Arms:** Go up to W position

2. Lift on R ft

3. Step on L ft bkwd

**Meas.4** – facing center

11/8- 1. Step on R ft bkwd-next to L ft

2. Step on L ft across R ft

3. Step on R ft in place

4. Lift on R ft

5. Step on L ft next to R ft

7/8b- 1. Step on R ft in place

2. Step on L ft in place

3. Step on R ft in place

**Meas.5** – facing center

11/8- 1. Step on L ft bkwd, while slightly bending the body fwd

2. Step on R ft in place

3. Touch left toes fwd and hold in this position

4,5. Hold

7/8b- 1. Soft kick with L ft fwd -drawing a low horizontal circle from front to left and behind

2. Lift on R ft, L ft continues drawing the circle

3. Step on L ft behind R ft

**Meas.6** – facing center

11/8- 1. Step on R ft to right side

2. Step on L ft behind R ft

3. Step on R ft in place, while softly kicking L ft to left side with straighten knee

4. Hop on R ft, while L ft is drawing horizontal circle from left to fwd and LOD

5. Step on L ft fwd to LOD

7/8b- 1. Step on R ft fwd to LOD –**facing LOD**

**Arms:** Go down to V position

2. Lift on R ft

3. Step on L ft fwd to LOD

### Sequence:

Introduction-7 meas. Repeat the figure to the end of the melody.

*Notes by Iliana Hristova Bozhanova*

*Presented by Iliana Hristova Bozhanova at the Laguna Folkdancers Festival 2009*