

## POLEGNALA E TODORA .....BULGARIA

**Dance Meaning:** Todora is lying (under a tree)

**Pronunciation:** Po leg NALA eh to DOR a

**Choreography:** Jim Gold in Bulgarian folk dance style

**Music:** Filip Kutev Choir

**Formation:** Open circle, arms in W position

**Meter:** 8/8: 1-2, 1-2-3, 1-2-3. qq ss

**Jim Gold YouTube video:** <http://bit.ly/2qUWSLk>

**Choir Singing:** Filip Kutev Choir

**Introduction:** 4 measures

**Measures:**

### FIRST STEP (PART I)

Face ctr.

**Two "quite sashay" 2-steps, 8 step grapevine CCW**

1 Step R to r(q), close L to R(q), step R to rt(s), cross L over R(s),

2 Repeat meas 1

**8 step grapevine**

3 Step R to rt(q), L behind R(q), step R to rt(s), cross L over R(s)

4 Repeat meas 3

### SECOND STEP (PART II)

Face ctr

**Lesnoto lift CCW**

1 Step R to rt(qq), lift L(s), cross L over R, step on L(s)

2 Repeat meas 1

**Ctr and back**

3 Step fwd on R(q), bring L next to R(q), step fwd on R(s), step fwd on L(s)

4 Step back on R(q), bring L next to R(q), step back on R(s), step back on L, tch rt toe to L(s)

5-8 Repeat meas 1-4

### ORDER OF STEPS:

After intro:

1. First Step: 1x, Second Step: 2x,

2 to end: First Step 2x, Second step 2x

### Polegnala ye Todora

This is a folk song from Bulgaria about a girl called Tudora. Latin Transliteration

Polegnala ye Tudora,

Moma Tudoro, Tudoro x2

Pod durvo pod maslinova

Moma Tudoro, Tudoro x2

Poveya vetrets gornenets,

Moma Tudoro, Tudoro x2

Ot kurshi klonka maslina,

Moma Tudoro, Tudoro  
Che si Tudora subudi  
Moma Tudoro, Tudoro

A tya muse lyuta surdi,  
Moma Tudoro, Tudoro x2  
Vetre le nenaveniko,  
Moma Tudoro, Tudoro  
Sega li naide de veyesh,  
Moma Tudoro, Tudoro

Sladka si sunya sunuvakh  
Moma Tudoro, Tudoro x2  
Che mi doshlo purvo libe  
Moma Tudoro, Tudoro  
I doneslo pustra kitka,  
Moma Tudoro, Tudoro  
I doneslo pustra kitka,  
Moma Tudoro, Tudoro  
A na kitka zlaten pursten  
Moma Tudoro, Tudoro.  
Original lyrics in the Cyrillic alphabet

Полегнала е Тодора,  
мома Тодоро, Тодоро,  
под дърво, под маслиново,  
мома Тодоро, Тодоро.

Повея ветрец горнинец,  
мома Тодоро, Тодоро,  
откърши клонка маслина,  
мома Тодоро, Тодоро,  
че си Тодора събуди,  
мома Тодоро, Тодоро.

А тя му се люто сърди,  
мома Тодоро, Тодоро,  
"Ветре ле, ненавейнико,  
мома Тодоро, Тодоро,  
сега ли найде да вееш!"  
мома Тодоро, Тодоро.

"Сладка си съня сънувах,  
мома Тодоро, Тодоро,  
че ми дошло първо либе,  
мома Тодоро, Тодоро,  
и донесло пъстра китка,  
мома Тодоро, Тодоро.  
И донесло пъстра китка,  
мома Тодоро, Тодоро,

а на китка златен пръстен!"

мома Тодоро, Тодоро.

Translation

Tudora is lying under a tree, an olive tree. The mountain breeze gently blows and breaks a twig off the olive tree. Tudora is awakened. She is very angry at the breeze that blows tirelessly. "Why are you blowing just now? I was dreaming my first love came, and brought me a small colorful bouquet. He brought me a small bouquet and on it was a gold ring.

Links