SBOGAM, MILA BULGARIA

Dance Meaning: I Meet my Dear One
Pronunciation: Sbogam, Mila
Choreography: by Jim Gold in Macedonian folk dance style.
Music: Stoyan Djadjev, Makedonski Pesni
Formation: Open circle, arms in V position.
Meter: 4/4
Jim Gold YouTube video: https://www.youtube.com/watch?v=n7ijoWORbYI
Introduction: 12 measures
Measures:

FIRST STEP (PART I)
Slower music, lean-heavy step

1 Facing LOD. walk to rt: Step to R(ct 1), step on L(ct2), step on R(ct &), step on L(ct 3), face ctr, step R and lean- heavy to rt(ct 4)
2 Step on L(ct 1), cross R in front of L(ct &), step on L in place(ct 2), step on R next to L(ct &), step on L in place (ct 3), Lift R(ct &, ct 4)
3-8 Repeat meas. 1-2, 3x

SECOND STEP (PART II)
Music a bit faster: Sides and into ctr

1 Face ctr. Step R to rt(ct 1), place L next to R(ct 2)
Step R to rt(ct 3), place L next to R(ct 4)
2 Step R to rt(ct 1), place L next to R(ct 2)
Step R to rt(ct 3), place L next to R(ct 4)
3 Grapevine: Step R to rt(ct 1), step L in front of R(ct 2)
Step R to rt(ct 3), step L behind R(ct 4)
4 Step R to rt(ct 1), lift L(ct 2)
Step L to left(ct 3), lift R(ct 4)
5 Moving into ctr. Step R fwd(ct 1), bring L next to R(ct 2),
step R fwd(ct 3-4),
6 Step L fwd(ct 1), bring R next to L(ct 2),
step L fwd(ct 4)
7 Moving diag out of circle: Cross R over L(ct 1),step L next to R(ct 2), Cross R over L(ct 2),step L next to R(ct 3)
Cross R over L(ct 4),
8 Cross R over L(ct 1),step L next to R(ct 2), step L next to R(ct 3), cross R over L(ct 4), step on L behind R(ct 4)
9 Face ctr: Step R to rt(ct 1), place L next to R(ct 2), step R to rt(ct 3), place L next to R(ct 4)
10 Lifts: Step R to rt(ct 1), lift L(ct 2).
Step L to left(ct 3), lift R(ct 4)
11 Moving fwd and back: Step fwd into circle: R fwd(ct 1), bring L next to R(ct 2), step R fwd(ct 3-4),
12 Step back on L(ct 1), bring R next to L(ct 2),
step back on L(ct 3-4).