STO MI E MILO (LELE, VARAI). . .BULGARIA

Dance Meaning: What is Sweet?
Pronunciation: Le-le, VA-rai (Sto Mi E MI-lo)
Choreography: By Jim Gold in Macedonian-Bulgarian folk dance style.
Source: Plovdiv Region, Batouchko Monastery area, Lesnoto style.
Music: Vievska Folk Group
Formation: Open circle, arms in W position.
Meter: 7/8, slow/quick/quick, s,q,q,
Jim Gold YouTube video: https://www.youtube.com/watch?v=tou0AnouAfg
Introduction: 8 measures
Measures:

FIRST STEP (PART I)

Lesnoto Step

1	Step to the right on R(s), lift L across R(q),
	step on L across R(q),
2	step to the right on R(s), lift L(q,q),
3	step on L(s), lift R(q,q).

SECOND STEP (PART II)

Patrioti Step

1-4	Step into ctr with R ft,
	place L ft behind R knee (s,q,q),
	step back on L, lift R leg high (s,q,q),
	Hook R ft around in reel step and lock
	behind L knee (s,q,q),
	Step on R in place(s), place L beside R (q,q),
5	3 back pas de bas:
	Step on L in place(s), step on R behind (q),
	step on L in place(q),
6	Repeat meas. 5 wi opp dir and opp ft
7	Repeat meas. 5 (same dir and ft)
8	Step on R(s), step on L next to R(q,q).

THIRD STEP (PART III)

Four two-steps to the right, CCW:

1	Step forward on R(s), step forward on L(q),
	step forward on R(q),
2-4	Repeat meas. 1 3x
5	Three-step grapevine to left, CW:
	R over left(s), L besides R(q), R behind L(q),
	Crossing step:
6	Step on L in place(s), cross R in front of L(q),
	step on L in place (q),
7	Repeat meas. 6 opp ft and opp dir,
8	Step on L(s), touch R toe to L instep(q,q).