

Bičak

Source: Autumn Leaves 18, Sue Williard, 2011 *History:* Yves Moreau learned Bičak (BEE-chuhk) in March 1970 from Ilija Vreteneraov, leader of a folk dance group in Kavrakirovo, near Petrič, southwest Bulgaria (Macedonia). the dance was popular in the villages around Petrič. Yves presented the dance at the 1970 University of the Pacific Folk Dance Camp and at other workshops, among them North-South Teachers' Seminar at Mt. Cross, Felton, CA in October 1980. *Rhythm:* 14/16 meter (9/16 + 5/16)

Formation: Open circle or short lines. Hands joined with adjacent dancers arms down at sides (V position). Originally taught in segregated lines with W hands joined with adjacent dancers, elbows bent and down (W position) and M with hands on adjacent dancers shoulders, arms extended (T position). Face LOD, weight on L foot. Footwork is small and kept close to floor with a smooth rolling action.

Steps and Styling: **Lift:** Rise onto ball of supporting foot. **Hop:** Spring from one foot, land on same foot. **Leap:** Transfer weight from one foot to the other; both feet off floor at apex of leap. **Jump:** Spring from one foot, land on both feet simultaneously.

Introduction: Leader may start at the beginning of any 4 measure phrase and repeat each figure at will

Measure	Count	1 BASIC (2 measures)	Measure	Count	3 ROCK (4 measures)	
1	1	Lift on L foot	1	1	Face LOD, lift on L	
	2	Step FWD on R		2	Step FWD on R	
	3	Lift on R		3	Lift on R	
	4	Step FWD on L		4	Step FWD on L, leaving R in place	
	5	Turn to face center and step on R to R side		5	Shift weight BKWD onto R foot	
	6	Step toward center on L with a slight rolling motion (dip)		6	Shift weight FWD onto L foot (The weight shifts are cued as "rock, rock")	
2	1	Lift on L	2	1	Face center, step on R to R	
	2	Step BKWD on R		2	Hold	
	3	Lift on R		3	Step on L behind R	
	4	Step BKWD on L		4	Step on R to R	
	5 & 6	FACE LOD and step FWD (R, L). Use the same rolling motion on count 6 as in measure one		5	Life on R, bringing straight L leg around to front	
			6	Step on L in front of R, bending L knee and bringing R foot up just behind L ankle		
2 HEEL TWIST (2 measures)						
1	1-6	Repeat Measure one as in BASIC pattern	3	1-4	In place, rock BKWD on R, FWD on L and REPEAT	
2	1	Lift on L	5	5	Lift on L, bringing straight R leg around to front	
	2	Step BKWD on R		6	Step on R, in front of L, bending R knee and bringing L foot up just behind R ankle	
	3	Lift on R		4	1-6	Repeat measure 3 with opposite footwork, but on count 6 bring L foot far enough around to step on it in LOD, pivoting on ball of R foot as L foot is brought around.
	4	Step BKWD on L				
	5	Bring R foot next to L, raise heels, twist them to the R and lower them to the floor				
	6	With feet together, raise heels, twist them to the L, simultaneously raise R foot off floor and face LOD				

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Bičak continued

Measure	Count	4 LEAP (4 measures)
1	1	Face LOD, lift on L
	2	Step FWD on R
	3	Lift on R
	4	Step FWD on L
	5-6	Step FWD R, L
2	1	Hop on L
	2	Step FWD on R
	3	Low jump onto both feet, L foot a little FWD of R
	4	Leap onto R, turning to face center, L foot off floor
	5	Leap FWD toward center onto L, bringing R foot up just behind L ankle
	6	Leap back onto R, raising L foot across in front of R leg, knee bend
3-4	1-12	Turning to face RLOD, repeat measures 1-2 with opposite footwork and direction

Yves usually dances the below sequence:

Intro	4 measures
FIG 1	6 x
FIG 2	4 x
FIG 3	4 x
FIG 4	4 x
FIG 1	4 x
FIG 2	5 x (break)
FIG 3	2 x
FIG 4	once

Another popular sequence:

Intro	4 measures
FIG 1	2 x
FIG 2	4 x
FIG 3	4 x
FIG 4	2 x
FIG 1	2 x
FIG 2	4 x
FIG 3	4 x
FIG 4	4 x (plus 2 measures of a 5th time)

Yves emphasizes that it is more fun if each leader determines sequence!!