

ZAH POJAS

Translation: By the Belt

Pronunciation: Zah Poi-yas

Origin: Region of Nova Zagora, Bulgaria

Source: Camille Brochu

Presented by: Sandy Starkman

Formation: Dancers in lines w/belt hold. R arm under, L arm over.

Measures

- 1-2 Facing almost direction R, take 2 two-steps w/knees slightly bent
- 3-5 3 step-hops to the R (R, L, R).
On the 3rd step-hop face center and swing L foot across in front of R.
- 6-7 Grapevine moving to L - L to L, R across L, L to L, R behind L. Lifting knees Bulgarian style.
- 8-10 3 step-hops in place (L, R, L).
On the 3rd step-hop, swing R foot across in front of L.

