

# Aj Da Idem Jano

Origin: Sandanski, Pirin, Bulgaria

Record: Balkanton BHA 10441

Formation: Open circle hands joined in V pos.

Source: Jaap Leegwater

Note:

Meter: 2/4

Introduction: 8 meas.

## Part 1

Meas:

- 1 Facing and moving LOD, step fwd on R ft (ct. 1); step fwd on L ft (ct. 2)
- 2 Step fwd on R ft (ct. 1); step fwd on L ft (ct. &); step fwd on R ft, bending R knee (ct. 2)
- 3 Repeat Meas. 2 reversing ftwk
- 4 leap onto R ft sideward R raising L knee in front and turning to face ctr (ct. 1); leap onto L ft in front of R ft (ct. &); leap onto R ft in place (ct. 2)
- 5 Step on L ft sideward L (ct. 1); step on R ft in front of L ft (ct. 2)
- 6 Step on L ft sideward L (ct. 1); step on R ft in front of L ft (ct. &); step on L ft sideward L (ct. 2)
- 7 Small step on R ft bkwd, bending slightly fwd and swing arms bkwd (ct. 1); step on L ft next to R ft (ct. &); small step on R ft fwd and straighten back (ct. 2)
- 8 Repeat Meas. 7 reversing ftwk

## Part 2

- 1-6 Repeat Meas. 1-6 of Part 1
- 7 Jump on both ft in place, bending both knees (ct. 1); hold (ct. 2)
- 8 turning to face LOD, leap onto R ft swinging L heel bkwd (ct. 1); leap onto L ft swinging R heel bkwd (ct. 2)

## Part 3

- 1-5 Repeat Meas. 1-5 of Part 1.
- 6 Leap onto L ft turning to face LOD (ct. 1); step on R ft bkwd (ct. &); step on L ft in place (ct. 2)
- 7 Repeat Meas. 6 reversing ftwk and direction
- 8 Turning to face LOD, hop on R ft raising L knee in front (ct. 1); leap onto L ft swinging R heel bkwd (ct. 2)

## Sequence of the dance

Part 1 – 3x

Part 2 – 1x

Part 3 – 3x

Part 2 – 1x

Part 1 – 3x

NOTE: Finish the dance by slowing down the last two measures and adding a close and step on the R ft next to L ft.