

ČETVŮRNO HORO

BULGARIA

9

- TRANSLATION : "Four-fold" - dance
- ORIGIN : Četvorno is one of the popular dances from the ethnographical region of Šopluk, Western-Bulgaria.
The version described here was notated in the town of Elin Pelin, east of the capital Sofia.
- MUSIC : LP/Cassette "FOLK DANCES FROM BULGARIA - volume 4"
JL 1988.02 by Jaap Leegwater. Side A, Band 8.
- METER : 7/8 divided as
Counted here as or
S Q Q or & 1 2 3
1 2 3
- STYLE : Šopski
- upper part of the body erect most of the time, occasionally bending fwd in coordination with knee liftings, "pumping" movements of the leg and heel steps
- small energetic steps with high knee lifting
- wt mainly on the front of the ft
- the shoulders are relaxed and as a result rock gently on the rhythm of the steps ("Natrissanè")
- SOURCE : Jaap Leegwater learned this dance as a student at the State Choreographers School in Plovdiv, Bulgaria from Dimităr Dojčinov in 1972 and 1975.
- MUSICAL INTRODUCTION : 12 measures

DESCRIPTION OF BASIC STEPS

ČUKČE ("Knock")

A čukče is a heel tap ("Chuck") consisting of a lifting and dropping of the heel. It can be done either on one ft, both ft at the same time, in place or in any direction.

SOVALKA ("Shuttle")

This word is derived from a tool used in a loom indicating the back and forth movement of Cetvorno's basic step

MEAS PATTERN

- 1 facing ctr, dancing in place,
cukce L, slightly turning L heel in (ct &) followed by a step on R ft bkwd, slightly bending both knees. Both ft are now in a somewhat 4th position (ct 1),
small step or leap on L ft sdwd L (ct 2),
step on R ft in front of L ft (ct 3)
- 2 repeat action of meas 1 with opp ftwk and direction

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DESCRIPTION OF THE DANCE

Part 1 PRUŽINKI ("Bounces")

- | <u>MEAS</u> | <u>PATTERN</u> |
|-------------|--|
| 1 | both ft are together in the 6th position
bend both knees (ct 1)
bounce on both ft by lifting and dropping both heels (ct 2),
repeat action of ct 2 (ct 3) |
| 2-3 | repeat action of meas 1 three more times |
| 4 | small step on R ft sdwd R in demi-plié in 2nd position (ct 1),
close L ft next to R ft by lifting and dropping both heels (ct 2),
hold (ct 3) |
| 5 | repeat action of meas 4 with opp ftwk & directions |
| 6-8 | repeat action of meas 4-5 |
| 9-16 | repeat action of meas 1-8 |

Part 2 PRIBIRANE ("Bring Together")

- | | |
|-------|--|
| 1 | facing diag R, moving in LOD,
čukče on L ft, lifting R ft off the floor (ct &)
step on R ft, slightly bending both knees (ct 1),
hop on R ft, lifting L knee in front (ct 2),
step on L ft (ct 3) |
| 2 | repeat action of meas 1 |
| 3 | turning face ctr, small step on R ft sdwd R in demi-plié in 2nd position (ct 1),
close L ft next to R ft by lifting and dropping both heels (ct 2),
bounce by lifting and dropping both heels again (ct 3) |
| 4 | repeat action of meas 3 with opp ftwk & directions |
| 5 | repeat action of meas 3 |
| 6-10 | repeat action of meas 1-5 with opp ftwk & directions |
| 11-20 | repeat action of meas 1-10 |

Part 3 SOVALKA ("Shuttle")

- | | |
|-------|--|
| 1-2 | repeat action of meas 1-2 of Part 1 |
| 3-5 | three Sovalka's |
| 6-10 | repeat action of meas 1-5 with opp ftwk & directions |
| 11-20 | repeat action of meas 1-10 |

MEAS	PATTERN	Part 4 SPUSEK ("Pumping")
1-4	four Sovalka's	
5	facing ctr, dancing in place, small energetic pumping movement with R leg, bending body fwd (ct 1), step on R ft, straightening body (ct 2), step on L ft (ct 3)	
6	repeat action of meas 5	
7	strike R heel next to L toes (ct 1), low leap onto R ft, lifting L knee in front (ct 2), strike L heel next to R toes (ct 3)	
8	low leap onto L ft and strike R heel quickly next to L toes (ct &-1), leap onto R ft sdwd R (ct 2), leap onto L ft in front of R ft (ct 3)	
9-12	repeat action of meas 1-8	

Part 5 DVOJNA NABIVANE ("Strike Twice")

1-4	four Sovalka's
5	facing ctr, moving slightly fwd twd ctr, extend R leg diag R fwd-low, striking R heel on the floor, L knee slightly bent and bend body fwd above R leg (ct 1), extend R leg straight fwd-low, striking R heel on the floor and bend body fwd above R leg (ct 2), step on R ft fwd, taking L ft off the floor and straighten body (ct 3)
6	repeat action of meas 5
7	facing ctr, moving diag L bkwd, repeat action of ct 1-2 of SOVALKA (ct 1-2), step on R ft behind across L ft (ct 3)
8	facing ctr, leap onto L ft sdwd L, lifting R knee in front (ct 1), step on R ft in front of L ft (ct 2), step back on L ft in place (ct 3)
9	step on R ft in place, extending L leg fwd-low (ct 1), hop on R ft swinging L ft in an arc bkwd (ct 2), step on L ft behind R ft (ct 3)
10	repeat action of meas 9
11-20	repeat action of meas 1-10
21-24	four Sovalka's

Note: Repeat the dance one more time from the beginning.
This time Part 1 is done only once (meas 1-8)



Dancedescription and presentation by
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