

# GRAOVSKO

(Šopluk., Bulgaria)

Graovo is a part of Šopluk and is located west of Sofia around the cities of Pernik and Breznik. Graovsko means "from Graovo" It is a general name for a dance from a big group of line dances consisting of similar movements. In each village they call them with differently, for example: Divotinsko (from the Village of Divotino), Zidarovsko (from the Village of Zidarovo), Kladniško (from the Village of Kladnica) etc. The leader of the line yells out the figure name and explains what has to be performed, keeping dancing the basic simple pattern. After that, he exclaims in a specific way ("Ha sega," "U bre," etc.) and everybody starts the new figure. Usually the beginning of the dance is slow whereas the end is very vivid. Presented here are two slow sequences: the simple basic one and one of the most popular called one. The source for this dance is the Group for Authentic Dances, performed at Koprivštica 1986.

**PRONUNCIATION:** GRAH-oh-vskoh.

**MUSIC:** Cassette: Folk Dances from Bulgaria - NK 1994.02 / A6.  
Any other Graovsko piece or song can be used.

**FORMATION:** Short line or open circle. Hands in belt-hold position, L over R.

**STYLE:** Šopski styling includes: jerky, light, jumpy steps mainly on the front part of the foot, a lot of pauses, giving the impression of delay of some movements. Basic posture is with the body leaned fwd, keeping wt on the front part of the foot. All the leaps can be performed alternatively as steps on low energy level.

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**METER:** 2/4

**PATTERN**

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Meas

16 measures **INTRODUCTION.** No action.

**FIGURE I: PODNESI (POHD-neh-sih)**

- 1 Facing RLOD and moving in LOD, tap L heel, lifting R knee slightly (Ct 1); step bkwd onto R (Ct &); step bkwd onto L, bending L knee (Ct 2).
- 2 Repeat meas 1.
- 3 Facing LOD; small leap onto R in place (Ct 1); small leap onto L in place (Ct &); small leap fwd onto R, bending deeply R knee (ct 2).
- 4 Repeat meas 3 with opp ftwk.
- 5 Facing ctr, tap L heel, lifting slightly R knee (Ct 1); leap sdwd R onto R lifting L knee (Ct &); tap R heel, straightening L leg down low in front of the R (Ct 2).
- 6 Tap R heel, slightly lifting L knee (Ct 1); step sdwd L on L (Ct &); step on R in front of L, bouncing deeply (Ct 2); pause (Ct &).
- 7 Tap R heel, slightly lifting L knee (Ct 1); step on L sdwd L (Ct &); step on R behind L, bouncing deeply (Ct 2); pause (Ct &).
- 8 Step fwd on L, bouncing deeply (Ct 1); tap L heel, lifting R ft with straight leg (Ct 2).
- 9 Touch R ft across in front of L, keeping wt on L, both ft raised on toes (Ct 1); big step fwd on R, bouncing deeply (Ct 2).
- 10 Small leap onto L in place (Ct 1); small leap onto R in place (Ct &); facing LOD, small leap fwd onto L, bouncing deeply (cts 2,&).

**FIGURE II: U MESTO (UH mehs-TOH)**

- 1 Facing ctr, tap L heel, lifting slightly R knee (Ct 1); step bkwd on R(ct 2); step bkwd on L, bending l knee (Ct &).
- 2 Step on R in place, simultaneously tapping L heel (ct 1); tap L heel, lifting R knee (Ct &); leap onto R in place, bending R knee, lifting L knee (Cts 2,&).
- 3 Repeat meas 2 with opp ftwk.
- 4-17 Repeat meas 2-3 seven times.

**SUGGESTED SEQUENCE:**

Fig I three times.  
Fig II once.  
Keep that structure till the end of the dance.

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Presented by Michael Ginsburg & Belle Birchfield at the Laguna Folkdancers Festival 2006