

PRAVO TRAKIJSKO HORO & ČESTOTO
Central Bulgaria - Eastern Thrace

The Pravo is the basic "straight" dance done in one form or another all over Bulgaria. The dance presented here is representative of the Pravo danced throughout Thrace (Trakija). In each village the dance will look somewhat different, but the basic structure is essentially the same. The variations below are a collection of steps commonly done by folk dancers throughout the US and as seen done by various groups in Bulgaria.

The Dance: Pravo Trakijsko has two distinct parts: the Pravo, danced in a mixed line that progresses around the dance floor, and Čestoto (meaning thick-and-fast), traditionally danced by men only in a straight line arranged to show off fancy steps.

Both parts are danced holding belts (left arm over right). The Čestoto portion is danced in place (na majesto) facing center. A chorus tapping step called Tropoli is interspersed between the fancy steps. Čestoto is a "called" dance, there must be a leader who initiates Čestoto from the pravo and then calls the steps. There are many other Čestoto steps beyond what is presented here; it is the leaders responsibility to communicate to the other dances what step is next. The steps can be done in any order. The Čestoto portion is entirely optional and can interrupt the pravo at any time (although usually only once).

Rhythm: 6/8 counted **1, 2** (really 123,123 but we dance just the two triplets). In Čestoto the tropoli step is counted **1 & 2 &**. The four counts are spread out evenly across the 6 beats (no syncopation).

Recording: Any suitable Pravo Trakijsko Horo. The music should be quite brisk and lively for the Čestoto.

Formation: Mixed lines of men and women, holding belts. The leader is on the right. When the Čestoto portion starts, either the entire line does the Čestoto steps, or those doing the Čestoto steps form a new belt-hold line inside (towards the center) of the original line. Traditionally, some or all of the men would leave the line and the women would either stop and watch or continue the pravo around the men's line. The entire dance is done with the knees bent. This position is especially evident in the Čestoto.

Meas	Ct	<u>PRAVO - Short Basic</u> - Done at the start, to the slower music
1	1	Facing center & moving R, step to R and slightly back onto R
	2	Step L next to R
2	1-2	Step to R and slightly back onto R (Ct. 1), Pause (Ct. 2)
3	1-2	Step slightly forward onto L foot (Ct. 1), Pause (Ct. 2)
		REPEAT the above pattern as long as desired then transition onto measure 4 of the next step

		<u>PRAVO - Basic</u>
1	1	Facing center and moving R, step diagonally forward onto R
	2	Step onto L next to R
2	1-2	Step diagonally fwd onto R (Ct. 1); Slight "uh" on R (Ct. 2)
3	1-2	Step onto L in front of R (Ct. 1); Slight "uh" on L (Ct. 2)
4	1	Step back and slightly R onto R foot
	2	Step back onto L foot
5	1-2	Step slightly back onto R (Ct. 1); Slight "uh" on R (Ct. 2)
6	1-2	Step slightly to L onto L (Ct. 1); Slight "uh" on L (Ct. 2)

All of the "Pravo" variations can be added at the individual dancer's option, depending on the speed of the music and the energy of the adjacent dancers. Remember to dance with the adjacent dancers.

		<u>PRAVO - Variation</u> - Slower music - "Pause"
1-2		As in the Basic above
3	1	Step onto L in front of R
	2	Step onto R slightly to R
4	1	Pause on R
	2	Step back onto L
5-6		As in the Basic above

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<u>Meas</u>	<u>Ct</u>	<u>PRAVO - Variation - Energetic music - "Jump"</u>
1-2		As in the Basic above
3	1	Step onto L in front of R
	2	Jump onto both feet, leaving L in place (feet should be about 12" apart)
4	1	Leap back onto R
	2	Step back onto L
5-6		As in the Basic above
 <u>PRAVO - Variation - Energetic music - "Stamps"</u>		
1	1	Stamp diagonally forward onto R
	2	Step onto L next to R
	&	Scuff diagonally fwd with R (with no weight)
2	1	Stamp diagonally fwd onto R (completing the scuffing motion)
	2	Slight "Uh" or Chug on R
3-6		As in the Basic or the Jump variation above
 <u>PRAVO - Variation - Energetic music - "Step Behind"</u>		
1	1	Step diagonally fwd onto R (should have a falling feeling)
	2	Step diagonally forward onto L (with same falling feeling)
2	1	Step diagonally forward onto R (with same falling feeling)
	&	Step on L close Behind to R of R foot (a sort of running 3)
	2	Step diagonally forward onto R
3-6		As in the Basic or the Jump variation above
 <u>PRAVO - Variation - Energetic music - "Squats"</u>		
1-4		As in the Basic above
5	1	Step slightly back onto R
	2	Swing L across in front of R in upward "bicycle" motion
6	1-2	Squat on both feet facing slightly R (Ct. 1); Pause (Ct. 2)
	&	Begin to rise with weight on L, ready to repeat the basic

The Čestoto "chorus" step, called **Tropoli** (literally "tapping") is danced in place between each of the Čestoto steps. The call for the next step is shouted at the beginning of any two measure Tropoli step. At least 4 measures of Tropoli should separate the called steps. Čestoto starts by doing tropoli for measures 5-6 of the basic Pravo.

<u>ČESTOTO - Basic - "Tropoli" - Danced in place as the "chorus"</u>		
1	1	Step on R in place (the step is like a fall onto the R)
	&	Touch ball of L in place, taking weight very slightly
	2	Step on R in place
	&	Stamp L in place
2		REPEAT measure 1 with opposite footwork
The Tropoli step can be simulated by rocking from L to R tapping your feet as you go.		
 <u>ČESTOTO - Izvrli (Throws) - Shout "Yee-Ha" during meas. 1</u>		
1	1	Step on R directly forward, leaving L foot on the floor
	2	Swing the L foot low and forward
2	1	Slight "uh" on R, continuing to swing the L foot
	2	Step on L back in place
 <u>ČESTOTO - Izvrli Dva Puti (Izvrli Two Times)</u>		
1-4		Repeat the above Izvrli step twice
 <u>ČESTOTO - Napred (Forward)</u>		
1	1-2	Step fwd on R (Ct. 1); Step fwd on L (Ct. 2)
2	1	Close R to L (Ct. 1); Pause (Ct. 2)
3-4		REPEAT meas. 1
5-6		Izvrli step above
 <u>ČESTOTO - Tri V'Djasno, Tri V'Ljavo (3 to the Right, 3 to the Left)</u>		
1	1-2	Step on R sideways to R (Ct. 1); Step on L behind R (Ct. 2)
2	1-2	Step on R sideways to R (Ct. 1); Step on L behind R (Ct. 2)
3	1	Step on R sideways to R
	&	Tap L next to R
	2	Step on R in place
4-6		REPEAT meas. 1-3 with opposite footwork and direction

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Meas Ct ČESTOTO - Hlopka (Slaps)

1	1-2	Step fwd on R (Ct. 1); Step fwd on L (Ct. 2)
2	1-2	Close R to L
3	1-2	Step fwd on R (Ct. 1); Step fwd on L (Ct. 2)
4	1-2	Slap R on floor diagonally fwd to R
5	1-2	Slap R on floor
6	1-2	Slap R on floor
7	1-2	Slap R on floor (Ct. 1); Slap R on floor (Ct. 2)
8	1-2	Slap R on floor
9-10		Izvrli step above

ČESTOTO - Hlopka i Kljakane (Slaps & Squat)

1-8		Hlopka step above
9		Squat in place
10		Rise Up from squat onto both feet

ČESTOTO - Po Čertami (In Line)

1	1	Stamp on R straight fwd, twisting knee to R
	&	Stamp on L next to R cont. fwd motion (stamp is like a scuff)
	2	Stamp on L straight fwd, twisting knee to L
	&	Stamp on R next to L cont. fwd motion (like a scuff)
2	1-2	Repeat meas. 1 with opposite footwork
3	1	Stamp on R straight fwd, twisting knee to R
	2	Stamp on L straight fwd, twisting knee to L
4	1-2	Repeat meas. 3 with opposite footwork
5-6	1-2	Repeat measures 3-4
7-8		Izvrli step above

ČESTOTO - Zaredi

1	1	Step forward onto R
	2	Step forward onto L turning to face diag. R
2	1	Step on R to R diagonally away from center
	&	Touch L next to R, taking weight very slightly
	2	Step on R in place
	&	Stamp on L in next to R
3	1	Leap to L onto L, turning to face diag. L
	2	Stamp on R beside L
4	1	Step straight forward onto R
	2	Jump onto both feet facing diag. R (feet should be about 12" apart)
5	1	Leap onto R back in place (now facing directly forward)
	2	Step on L in place (ever so slightly back)
6-7		Izvrli step above
(8-11)		(Tropoli for 4 measures)
(12-18)		(Repeat again to get back on the phrase)
		Note: Drop the last stamp of the Tropoli preceeding this step.