

Dermansko Horo

From the village of Dermantsi, Lovech region, north central Bulgaria

Meter: 2/4 time. This dance can be done to many different pieces of music.

Basic pattern - begin facing center with arms in W-position.

Measures:

1. Step R to L crossing in front of L facing slightly L (1); tiny leap on L to L (2). Arms bounce gently, reflecting footwork.
2. Step R to L crossing in front of L (1); hop on R, pivoting to face center, on pivot lower arms to V position to begin arm swings (2).
3. Step L to R crossing in front of R (1); tiny leap onto R to R. Arms swing back (2).
4. Step L to R crossing behind R (1); tiny leap onto R to R. Arms swing forward, but not up (2).
5. Same as measure 3.
6. Same as measure 4 but with step instead of leap (2).
7. "Iztursi" with L: weight is on R, lift and shake quickly L foot forward - back - forward with knee bent while bouncing on R (1); step L next to R. Raise arms to W-position and bounce them gently reflecting footwork (2).
8. "Iztursi" with R (same as measure 7 with opposite footwork).
9. "Iztursi" with L.

Variation: measures 1-2. Replace each step on R with quick 'stamp, step' on R.

Optional rest pattern: facing center, arms in W position

Measures:

1. Step forward on R (1); bounce on R (2).
2. Step forward on L (1); bounce on L (2).
3. Same as measure 1.
4. Stamp L next to R (1); lift L (2).
- 5-8 Same as 1-4, but backing out of center, with opposite footwork, and touch at end instead of stamp
9. Step forward on R(1); bounce on R (2)
10. Touch L next to R (1); lift L (2)
11. Step back on L (1); bounce on L (2)
12. Touch R next to L (1); lift R (2)
13. Step on R to R (1); bounce on R (2)
14. Touch L next to R (1); lift L (2)
15. Step L to L (1); bounce on L (2)
16. Touch R next to L (transition to return to basic pattern: heavy step on R next to L, small quick leap on L to prepare to return to basic pattern)

Described and presented by Yuliyana Yordanov, ©2003