

Name of dance: Graovsko


Pronunciation: grrah-ohff-skoh

Place of origin: the Graovo district in the Šopluk region of western Bulgaria

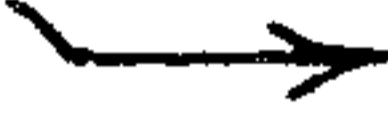

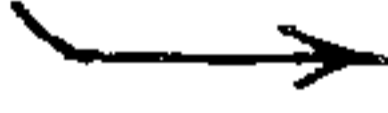


Learned from: Ivan Donkov, 1991

Source of music: audio cassette tape made available by Ivan Donkov; Horo and Ruchenitsa Dances of Bulgaria (XOPO Records, X-LP-5, Side 1 Band 5 "*Graovsko Horo*"; Movements In Bulgarian Folk Music (Van Geel Records CD 94/05, Band 3 "*Graovski Melodii*")

About the dance: This dance is a showcase for the tight springy style typical of dances from the Šopluk region.

Rhythm: 2/4, syncopated as 
And counted as: 1 "uh" & "uh" 2 "uh" & "uh"

Formation: This is a line dance, with hands held down in "V" position. Begin by facing L down the line, prepared to move backwards.

<u>Direction</u>	<u>Measure</u>	<u>Step</u>
		<u>Travelling Step:</u>
	1	Facing L and moving backwards to the R, start with weight On L by lifting R up and back and lifting up on L (ct. 1), Step back on R (ct. &), step back on L next to R (ct. 2).
	2	Repeat Measure 1.
	3	Turn to face R and run lightly along the line of the circle With R (ct. 1), L (ct. &), R (ct. 2).
	4	Still facing R, step forward in the same direction on L (ct. 1), rock back on R in place (ct. &), step forward onto deeply flexed L across in front of R (ct. 2).
	5-8	Repeat Measures 1-4, beginning by both rising and pivoting a half turn CCW on L.
		<u>Travelling Variation:</u>
	1-2	Repeat Measures 1-2 of the <u>Traveling Step</u> >
	3	Turning to face R, run in the line of travel on R (ct. 1), L (ct. 2), kicking up heels behind.
	4	Repeat Measure 3.
		<u>Holding Step:</u>
	1	Facing center, step towards center on R, flexing R knee (ct. 1), close L foot next to R without weight, bouncing once on both heels (ct. 2), bounce again on R heel, lifting L foot a little (ct. &).
	2	Step back on L foot away from center (ct. 1), close R foot

Graovsko (continued):

<u>Direction</u>	<u>Measure</u>	<u>Step</u>
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Travel and Return (continued):

next to L without weight, bouncing once on both heels (ct. 2), bounce again on L heel, lifting R foot a little (ct. &). Repeat Measures 1-2.

3-4

Travel and Return:



1-4

Repeat Measures 1-4 of the Traveling Step.



5

Jump on both feet spread a bit apart, facing center (ct. 1), leap onto R foot in place, kicking L foot up across in front of R (ct. 2).



6

Lift or hop low on R foot in place (ct. 1), step on L foot to L side (ct. &), step onto deeply flexed R across in front of L (ct. 2).

7

Lift or hop low on R foot (ct. 1), step on L foot to L side (ct. &), step onto R across behind L (ct. 2).



8

Jump onto both feet together, facing center (ct. 1), leap onto L foot in place, lifting R leg up to the R side in a high CCW arc swung from the hip with a fairly straight knee (ct. 2).



9

Touch R toe on the ground in front (ct. 1), step onto deeply flexed R in front of L (ct. 2).

10

Touch L toe forward to the L diagonal (ct. 1), step on deeply flexed L across in front of R (ct. 2).

11-20

Repeat Measures 1-10.

Forward and Back:



1

Touch R toe to forward R diagonal (ct. 1), step on deeply flexed R across in front of L (ct. 2).

2

Repeat Measure 1 with the opposite footwork but in the same direction.

3-4

Repeat Measures 1-2.



5

Leap backwards onto R, lifting L knee high in front (ct. 1), leap backwards onto L, lifting R knee (ct. 2).

6

Repeat Measure 5.

7

Run light backwards on R (ct. 1), L (ct. &), R (ct. 2).

8

Repeat Measure 7 with opposite footwork but in the same direction.

9-16

Repeat Measures 1-8.

Graovsko (continued again):

<u>Direction</u>	<u>Measure</u>	<u>Step</u>
		<u>Twist Step Forward:</u>
↑	1	Leap slightly forward onto R, twisting L knee high across R thigh to the R (ct. 1), leap slightly forward onto L, twisting R knee high across L thigh to the L (ct. 2).
	2	Repeat Measure 1.
	3	Run light forward on R (ct. 1), L (ct. &), R (ct. 2).
	4	Repeat Measure 3 in the same direction but with opposite footwork.
↓	5-8	Repeat Measures 5-8 of the <u>Forward and Back</u> step.
	9-16	Repeat Measures 1-8.

Dance notes by Erik Bendix

