

## GRAOVSKO HORO

Pernik, Western Bulgaria

This dance was learned by Marcus Holt from the Pernishki Folkloren Ansambul in Pernik, Bulgaria, during the summer of 1978.

Record: XOPD #5, Festival Records (to be available soon).

Music: 2/4 (ONE and TWO and)

Formation: Segregated lines with belt hold; women dance Figure I and II, only.

Steps:Graovka Step:

Facing ctr., bounce on both heels (ct. 1), step bkwd. on R ft., while lifting L ft. (ct. &), step bkwd. on L ft., while lifting R ft. (ct. 2).

Basic Ruchenitsa Step (R):

Step fwd. on R ft. (ct. 1), step fwd. on L ft. (ct. &), step fwd. on R ft. (ct. 2).

Basic Ruchenitsa Step (L):

Step fwd. on L ft. (ct. 1), step fwd. on R ft. (ct. &), step fwd. on L ft. (ct. 2).

Sitnata Step: (2 meas.)

Step fwd. on R ft. (ct. 1), step next to R ft. on L ft., while hopping on R ft. (ct. 2), hop on R ft. while lifting L ft. (ct. &).  
step bkwd. on L ft. (ct. 1), step next to L ft. on R ft., while hopping on L ft. (ct. 2), hop on L ft. while lifting R ft. (ct. &).

Meas.Figure I. "Hod Dyasno"

- 1 Facing diag. fwd. L and moving diag. bkwd. R, step bkwd. on R ft. (ct. 1), step bkwd. on L ft. (ct. 2).
- 2 Repeat action of meas. 1.
- 3 Facing and moving R LOD, step fwd. on R ft. (ct. 1), step fwd. on L ft. (ct. 2).
- 4 Repeat action of meas. 3.
- 5 Facing ctr., step sdwd. R on R ft. (ct. 1), lifting L ft., swing across and in front of R leg (ct. 2).



## Graovsko Horo, continued.

| <u>Meas.</u> | <u>Figure I. "Hod Dyasno"</u>   |
|--------------|---|
| 6            | Step sdwd. L on L ft. (ct. 1), cross and step on R ft. in front of L ft. (ct. 2). |
| 7            | Step sdwd. L on L ft. (ct. 1), cross and step on R ft. behind L ft. (ct. 2).      |
| 8            | Step sdwd. L on L ft. (ct. 1), hop on L ft. while lifting R ft. fwd. (ct. 2).     |
| 9            | Touch R ft. fwd. (ct. 1), step on R ft. next to L ft. (ct. 2)                     |
| 10.          | Touch L ft. fwd. (ct. 1), step on L ft. in front of R ft. (ct. 2).                |

| <u>Meas.</u> | <u>Figure II. "Graovsko"</u>   |
|--------------|--|
| 1            | Facing diag. fwd. L and moving diag. bkwd. R, dance one Graovka Step.  |
| 2            | Repeat action of meas. 1, Figure II.   |
| 3            | Facing R LOD, dance one Basic Ruchenitsa Step (R).   |
| 4            | Facing R LOD, dance one Basic Ruchenitsa Step (L).   |
| 5            | Facing ctr., bounce on both heels (feet apart) (ct. 1), hop on R ft., while kicking L ft. across and in front of R leg (ct. 2).                    |
| 6            | Bounce on both heels (feet apart) (ct. 1), hop on L ft., lifting R ft. (ct. and), step on R ft. crossing in front of L ft. (ct. 2).                |
| 7            | Bounce on both heels (feet apart) (ct. 1), hop on L ft., lifting R ft. (ct. and), step on R ft. crossing behind L ft. (ct. 2).                     |
| 8            | Bounce on both heels (feet apart) (ct. 1), hop on L ft., lifting R ft. fwd. (ct. 2).   |
| 9            | Bounce on L heel, while tapping R ft. fwd. (ct. 1), bounce on L heel, while lifting R ft. (ct. and), step on R ft. next to L ft. (ct. 2).          |
| 10           | Bounce on R heel, while tapping L ft. fwd. (ct. 1), bounce on R heel, while lifting L ft. (ct. and), step on L crossing in front of R ft. (ct. 2). |

| <u>Meas.</u> | <u>Figure III. "Svivane"</u>   |
|--------------|--|
| 1-2          | Repeat action of meas. 1-2, Figure II.   |
| 3            | Facing slightly diag. fwd. R, leap sdwd on R ft., while lifting L knee fwd. (ct. 1), facing slightly diag. fwd. L, leap sdwd. L on L ft., while lifting R knee fwd. (ct. 2). |
| 4            | Repeat action of meas. 3, Figure III.  |
| 5-10         | Repeat action of meas. 5-10, Figure II.  |

| <u>Meas.</u> | <u>Figure IV. "Sitnata"</u>             |
|--------------|---|
| 1-2          | Facing ctr., dance one Sitnata Step.    |
| 3-8          | Repeat action of meas. 3-8, Figure III. |
| 9-10         | Repeat action of meas. 1-2, Figure IV.  |

| <u>Meas.</u> | <u>Figure V. "Na Myasto"</u>  |
|--------------|---|
| 1-4          | Repeat action of meas. 1-4, Figure IV.  |
| 5            | Facing ctr., bounce on both heels with feet together (ct. 1) hop on R ft. while lifting L ft. bkwd (ct. 2). |
| 6-7          | Repeat action of meas. 5, Figure V., twice.   |
| 8            | Repeat action of meas. 5, Figure V., but with lifting L ft. fwd. on ct. 2.                                  |
| 9-10         | Repeat action of meas. 9-10, Figure IV..  |