

Graovsko Horo

(Šop region, Bulgaria)

The first part of this dance is the 10 meas Graovsko horo, which is akin to the Kyustendilska Racenica in its basic form. Although the basic form is 10 meas, variations range from 8 meas to 14 meas. The steps below are based on steps that Steve Kotansky learned in 1976 from a dance group in Pernik.

FORMATION: Short lines with belt hold, leader at R end of line.

METER: 2/4

BASIC (GRAOVSKO)

Measure	Count	Description
measure 1	1 & 2	Facing slightly L of ctr and moving bkwd - with ft tog bounce on both ft bounce on R as L lifts slightly bkwd bend R slightly as L steps bkwd sharply with definite knee bend.
measure 2	all	Repeat meas 1.
measure 3	1 & 2	Sopka: Facing R of ctr and moving in LOD - step R fwd step L in front of R step R fwd.
measure 4	1 & 2	Step L behind R step R fwd step L in front of R (ct 2). NOTE: Meas 3-4 = 6 step grapevine.
measure 5	1 2	Facing ctr - jump onto both ft slightly to R lift L fwd then pump downward across R (leg straight).
measure 6	1 & 2	Touch L to L and bounce on both ft bounce on L in place step R across L with accent (definite knee bend).
measure 7		Repeat meas 6, but step R behind L (ct 2). (tch L to L & bnc, bnc L, R behind)
measure 8	1 2	Jump onto both ft tog slightly to L hop on L as R lifts fwd sharply (R is fwd and flexed).
measure 9	1 & 2	Bounce on L as ball of R ft touches fwd bounce on L as R knee lifts sharply step R fwd.
measure 10	1 & 2	Bounce on R as L touches slightly to L bounce on R as L lifts fwd slightly step R fwd.
measure 11-30	all	Repeat meas 1-10, twice more (3 in all).

VARIATION 1

Measure	Count	Description
measure 1	1 & 2	Facing ctr - touch R to R and bounce on both ft bounce on R in place step L across R with accent (knees bent).

(VARIATION 1)

measure 2	all	Repeat meas 1.
measure 3	1	Turning to face slightly R of ctr - jump fwd onto both ft (ft tog)
	2	leap fwd on R as L lifts bkwd (ct 2). NOTE: Option - syncopate with a "kerplunk" then "leap" movement (R,L,R - kerplunk-leap).
measure 4	1	Bending R knee, step L across R (long, low step)
	2	hop on L moving in LOD.
measure 5-7	all	Repeat meas 5-7 of basic. (jump on both, pump LxR; L to L w/bnc, bnc L, RxL; L to L w/bnc, bnc L, RxL).
measure 8	1, 2	Step L to L - sway L.
measure 9	1, 2	Step R diag R bkwd - sway R.
measure 10	1, 2	Step L diag L bkwd - sway L.
measure 11	all	Repeat meas 1-10, twice more (3 in all).

VARIATION 2 (12 MEASURES)

Measure	Count	Description
measure 1-2	all	Repeat meas 1-2 of Var I (R to R w/bnc, bnc R, LxR; repeat).
measure 3-4	all	Repeat meas 3-4 of Basic (sopka). (R fwd, LxR, R to R; L behind, R to R, LxR).
measure 5	1	Jump on both ft (ft tog)
	2	hop on R as L knee lifts sharply in front of R - body turns slightly twd R.
measure 6	1	Leap L to L (twists hips to L) as R knee lifts across L
	2	repeat ct 1 with opp ftwk.
measure 7	all	Repeat meas 6. (5 knee lifts in all).
measure 8	1	Touch L to L and bounce twice on both ft
	2	bounce on R as L lifts sharply behind R knee - face slightly L of ctr.
measure 9	all	Repeat meas 8.
measure 10-12	all	Repeat meas 8-10 of Basic, (jump on both, hop L & lift R knee, bnc on L & tch R fwd, bnc L & raise R knee, R fwd; bnc R & tch L to L, bnc R lift L up, R fwd).
measure 13-24	all	Repeat meas 1-12 again.