

TRANSLATION "Dance to the left"

BACKGROUND This dance is from the village of Čukurovo, nowadays called Gabra, in Šopluk, Bulgaria. It is a typical Šopsko Horo or a Pravo Sopsko to the left. It was learned by Jaap Leegwater in the autumn of 1979 from the local horovedec (first dancer) Georgi Iliev in Gabra.

MUSIC Cassette "FOLK DANCES FROM BULGARIA" - JL 1991.01 Presented by Jaap Leegwater. Side B / Nr. 14

STYLE Šopski
- small energetic steps
- the upper part of the body moves slightly fwd in coordination with the lifting of the knees
- keep the shoulders relaxed so they can bounce with the rhythm of the steps. The Bulgarians call this natrisane.

FORMATION Open- or half circle.
Hands belt hold (na golan or za pojas).

METER 2/4 Counted here as 1 - 2 or 1 "and" 2 "and".

INTRO 8 measures.

MEAS PATTERN Part 1 "Na Levo" (to the left)

facing ctr, moving sdwd L
1 step on L ft (ct 1), step on R ft in front of L ft (ct 2)
2 step on L ft (ct 1), lift R knee in front (ct 2)
3 step on R ft in place (ct 1), lift L knee in front (ct 2)
4-18 repeat action of meas 1-3 five more times

*smaller, A. by 2
K. Miller*

Part 2 "Na Pred" (foreward)

1 facing ctr, still moving sdwd L,
step on L ft (ct 1), step on R ft in front of L ft (ct 2)
2 step on L ft (ct 1), hop on L ft lifting R knee across in front of L (ct 2)
3 turning face diag R, leap onto R ft sdwd R (ct 1)
close and stamp L ft next to R ft, slightly bending both knees and body at waist

(continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 2 (continued)</u>
4	facing ctr, moving sdwd L,	
5	step on L ft (ct 1), step on R ft across behind L ft (ct 2)	
6-8	step on L ft (ct 1), swinging R leg from aside to the front (ct 2)	
9	facing and moving twd ctr, with three small and flat	
10	three-steps RLR, LRL, RLR	
11	dancing in place, leap onto L ft, lifting R knee in front (ct 1), stamp R heel without wt next to L toes	
12-13	repeat action of meas 9 with opp ftwk	
14	repeat action of meas 10	
15-17	facing ctr and moving bkwd with two three-steps RLR, LRL	
18-20	leap onto R ft, lifting L knee in front (ct 1), stamp L heel, without wt, next to R toes (ct 2)	

Part 3 "Izturci" (throw)

1	facing ctr and dance in place,	
2	hop on R ft, kick bottom half of L leg with a small movement	
3	bkwd and fwd (ct 1), step on L ft (ct 2), step on R ft (ct 2)	
4	repeat action of meas 1	
5	turning face slightly diag R, hop on R ft lifting L knee (ct 1)	
6	step on L ft diag R fwd (ct 2)	
7	turning face slightly diag L, hop on L ft lifting R knee (ct 1)	
8	step on R ft diag L fwd (ct 2)	
9	facing ctr and moving bkwd, step on L ft (ct 1),	
10	step on R ft (ct 2)	
11	step on L ft (ct 1), hop on L ft (ct 2)	
12-13	repeat action of meas 1-6 with opp ftwk	
14-15	repeat action of meas 1-12	

SEQUENCE OF THE DANCE

Introduction		
Part 1	} 2x	1, 2, 1, 2, 3
Part 2		1, 2, 1, 2, 3
Part 3		2, 3
Part 1	} 2x	
Part 2		
Part 3		
Part 2		
Part 3		