

Novo Šopsko Horo (Šop Region, Bulgaria)

Source: Jordan Iliev and Petur Iliev

Recording: Camp CD

Formation: Short lines with a belt-hold (left over right)

Musik: 2/4

Meas

Basic Sop Pravo

- 1 Facing R of center, step Rft fwd (ct 1); step Lft fwd (ct 2).
- 2 Repeat action of meas 1.
- 3 Step Rft fwd (ct 1) sink-lift on Rft bringing Lft fwd (ct 2)
- 4 Step Lft fwd (ct 1) sink-lift on Lft bringing Rft fwd (ct 2)
- 5 Turning to face center, step Rft to R (ct 1) sink-lift on Rft (ct 2)
- 6 Leap Lft to L (ct 1); step Rft in front of Lft (ct 2);
- 7 Step Lft to L (ct 1); step Rft behind Lft (ct 2);
- 8-10 In place, dance 3 step-lifts starting with Lft and lifting Rft up and in front.

Part 2 (Novo Sopsko)

- 1 Facing center, hop on Lft and bring R knee up and across body twisting slightly to L (ct 1); step Rft in place beside Lft (ct &); step Lft (accented) in place (ct 2)
- 2 Repeat action of meas 1
- 3 Scissor-like, step Rft sharply back and extend Lft fwd touching ground (ct 1); still backing up reverse ftwk of ct 1 (ct 2)
- 4 Jump back slightly onto both feet (ct 1); hop on Lft bringing R knee sharply up (ct 2)
- 5 Sopka in place, touch R ball of foot besides Lft and bounce (ct 1); bounce again on Lft and raise R knee sharply up (ct &); step Rft with accent beside Lft (ct 2)
- 6 Repeat action of meas 5.
- 7 Moving fwd twd center, strike-pump R heel in front of Lft (ct 1); step Rft fwd (ct 2);
- 8 Stilling moving fwd, reverse ftwk of meas 7
- 9 Stamp Rft fwd (ct 1) hold (ct 2)
- 10 Pause or Variation, repeat action of meas. 9

*Steve Katanaky
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