


PRAVO TRAKIJSKO HORO

- TRANSLATION : *Pravo Horo* (straight dance) from Trakija region, Bulgaria.
- ORIGIN : The *Pravo Horo* is the most widespread and most popular folk dance throughout all of Bulgaria. Every region and every village has its own version reflecting the typical local style and characteristics.
A North Bulgarian *Pravo* (*Dunavsko Horo* or *Svištovsko Horo*) is different from the *Pravo Trakijsko* or the *Pravo* type (*Opas*) which is done in Dobrudža.
Still they are based on the same three measure basic pattern consisting of two small steps (quick-quick) followed by two bigger ones (slow-slow). Beyond the typical local variations one can find this typical *Pravo* character. Similar dances are also done in other Balkan countries, like the *Hora* in Roumania and the *Hasapikos* in Greece.
- Due to migrations, travelling musicians that are hired for local festivals and weddings caused the *Pravo Trakijsko Horo* to gain great popularity also outside the Trakija region. It is done at weddings and festivals all over the country and seemed to be adopted as the national *Pravo Horo*.
- The following patterns are good examples of some of the most popular variations. After starting with the slow basic step fwd and bkwd, the music becomes more lively and faster.
- MUSIC : LP "Folk Dances from Bulgaria - 3"
by Jaap Leegwater JL 1985.01 Side 1 Band 4
- SOURCE : Learned by Jaap Leegwater in 1978 from Dimitâr Dojčinov, choreography and dance instructor at the Choreographer School in Plovdiv, Bulgaria.
- METER : 2/4 
- STYLE : Slight knee bend position, dancing on the whole ft.
- FORMATION : Open or half circle.
Hands in belthold position, L arm over.
- INTRODUCTION : 6 measures

(CONT'D)

PRAVO TRAKIJSKO HORO (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1 "Trakijka"</u>
1	facing & moving diag R fwd, step on R ft (ct 1), step on L ft (ct 2)	
2	step on R ft with knee bending (ct 1), bounce on R ft and lift L off the floor (ct 2)	
3	step on L ft with knee bending (ct 1), step on R ft sdwd R in the second position, bending both knees (ct 2)	
4	lift on R ft and lift L ft off the floor (ct 1), step on L ft diag R bkwd (ct 2)	
5-6	repeat action of meas 2-3 now turning face diag L, and moving diag R bkwd	
7-24	repeat action of meas 1-6 three more times	

Part 2 "Prisitvanè"

1	facing and moving diag R fwd step on R ft, step on L ft	
2	step on R ft (ct 1), step on L ft (ct &), step on R ft (ct 2)	
3	step on L ft (ct 1), step on R ft (ct &), step on L ft (ct 2)	
4	turning face diag L, moving diag R bkwd, step on R ft (ct 1), step on L ft (ct 2)	
5	step on R ft (ct 1), step on L ft (ct &), step on R ft (ct 2)	
6	hop on R ft, immediately followed by a step on L ft (ct 1), hop on L ft, lifting R knee (ct 2)	
7-24	repeat action of meas 1-6 three more times	

Part 3^a

1	facing and moving diag R fwd, low leap onto R ft (ct 1), low leap onto L ft (ct 2)	
2	hop on L ft, swinging R leg straight across in front of L (ct 1), step on R ft fwd (ct 2)	
3	step on L ft fwd (ct 1), stamp R ft, without wt, next to L ft, bending both knees (ct 2)	
4-6	repeat action of meas 4-6 of Part 2	
7-12	repeat action of meas 1-6	

Part 3^b

1-2	repeat action of meas 1-2 of Part 3 ^a	
3	step on L ft fwd (ct 1), strike R toes across behind L and look across L shoulder (ct 2)	
4-6	repeat action of meas 4-6 of Part 2	
7-12	repeat action of meas 1-6	

(OVER)

PRAVO TRAKIJSKO HORO (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 4^a</u>
1	facing ctr, moving sdwd R, step on R ft (ct 1), step on L ft behind R ft (ct 2)	
2	small three step on the whole ft in place: step R ft (ct 1), step on L ft (ct &), step on R ft (ct 2)	
3	repeat meas 2 with opp ftwk	
4-12	repeat action of meas 1-3 three more times	

Part 4^b

1-3	repeat action of meas 1-3 of Part 4 ^a now stressing the first step of meas 1, swinging the arms down, bkwd and up again to W-position
4-12	repeat action of meas 1-3 three more times

Suggested Sequence:

Introduction

Part 1	}	2x
Part 2		
Part 1		
Part 3a		
Part 3b		
Part 4a		
Part 4b		

The above sequence is based on the accompanying recording.

Description by Jaap Leegwater © 1985 Presented by Jaap Leegwater