

SANDANSKO HORO (sahn-DAHN-skoh hoh-ROH)  
(Bulgaria)



Learned by Yves Moreau, October 1969, from members of folk ensemble from the town of Sandanski, Blagoevgrad District, Bulgaria. This dance is quite popular in the villages of Liljakovo and Ograzden in the Pirin (East Macedonia) area in the southwestern part of Bulgaria. It has an interesting rhythm structure of 22/16, a combination of one meas of 9/16 plus one meas of 13/16. The most popular instrument of this region is the "tambura." Many of the players are gypsies and recently they have adopted some musical ornamentations and styles from nearby Greece.

**Record:** Worldtone WT-YM-004 A. 9/16 + 13/16 meter: 1-2, 1-2, 1-2, 1-2-3+ 1-2, 1-2, 1-2, 1-2-3, 1-2, 1-2. Alternate meas are counted here as: 1,2,3,4: 1,2,3,4,5,6.

**Formation:** Mixed lines of M and W, hands joined down at sides. Face slightly R of ctr. Wt on L ft.

**Style:** Slight knee bend, upper part of body erect. Steps are small and light (on balls of the ft). Arms are relaxed.

Meas

Pattern

No Introduction music; dance may start at beginning of any musical phrase.

- 1 Small hop on L ft in place, simultaneously raising R ft a little and pointing in LOD (ct 1). Step on R in LOD (ct 2). Small low leap onto L ft directly behind R (ct 3). Step on R in LOD (ct 4).
- 2 Repeat pattern of meas 1, reversing ftwork (cts 1-4). Small leap onto R ft in LOD (ct 5). Continuing to move in LOD, small step on L (ct 6).
- 3 Small hop on L ft, simultaneously lifting R ft and pointing it in LOD (ct 1). Hop again on L, turning so that R ft now points to ctr (ct 2). Hop again on L turning so that R ft now points to L (RLOD) (ct 3). Step on R in RLOD (ct 4).
- 4 Small leap fwd onto L (ct 1). Continuing to move in RLOD, step on R ft (ct 2). Small leap fwd onto L (ct 3). Step fwd on R (ct 4). Small hop on R, turning to face ctr (ct 5). Small step bkwd on L ft, turning to face LOD (ct 6).

Dance repeats from beginning.

*Мотиви от шевици от Станкеди-митровско*

Motif from a needlework from  
Stankedimitrovsko

