

SELSKO ŠOPSKO HORO or PRAVO ŠOPSKO HORO

TRANSLATION : 1. Village line dance from the ethnographical region of *Šopluk*, West-Bulgaria.
2. Straight line dance from the *Šop*-region.

BACKGROUND : This dance is one of the most popular line dances throughout the entire *Šop*-region in West-Bulgaria, it can be considered as the *Pravo Horo* of *Šopluk*. It is done by both men and women in a mixed line.
The following names are used for the same dance:
Selsko Šopsko Horo (Village dance from *Šopluk*)
Šopsko za Pojas or *Za Pojas* (Belt hold line dance)
Sitno Šopsko Horo (Small-stepped dance from *Šopluk*)
Pravo Šopsko Horo (Straight line dance from *Šopluk*)

The *Šop* version of the *Pravo*-step contains four quick steps followed by two slow ones:



This step covers four measures.

Like many dances from *Šopluk* this one too shares the typical feature of a 10 measure dance phrase. Other dances from this region with a 10 measure basic dance pattern are: *Kjustendilska Râčenica* or *Kopčeto* and the original and older forms of *Pajduško* and *Četvorno*.

MUSIC : - Cassette "Bulgarian Folk Dances" - JL1987.01
by Jaap Leegwater. Side B # 12.
- Cassette "Pan Bulgarian Folk Dances" - JL1987.02
by Jaap Leegwater. Side A # 3.

METER : 2/4 or
1 2 1 & 2 &

STYLE : *Šopski*
- small and energetic steps (*Sitno*)
- the upper part of the body moves slightly fwd in coordination with the knee liftings
- keep the shoulders relaxed so they can gently bounce with the rhythm of the steps (*Natrisanè*)

BASIC STEP : *Šopska* R & L
This step can be replaced by an easier small and flat three-step RLR and LRL.

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FORMATION : Open circle.
Hands at belt-hold position, L arm over.
(Za Pojas or Na Pojas)

INTRODUCTION : 32 measures

DESCRIPTION OF THE ŠOPSKA-STEP

<u>MEAS</u>	<u>PATTERN</u>	
1	facing ctr, dance in place, R knee is up, strike the ball of R ft next to L toes (ct 1), lift R knee in front, bending L knee (ct &), low leap onto R ft in place at the same time lifting L knee in front (ct 2)	} Šopska R
2	repeat action of meas 1 with opp ftwk	
		} Šopska L

DESCRIPTION OF THE DANCE

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1 "Ljuš" (Balance)</u>
1	facing and moving in LOD,	
	step on R ft (ct 1), step on L ft (ct 2)	
2	repeat action of meas 1	
3	step on R ft, slightly bending both knees (ct 1), take wt off L ft (ct 2)	
4	step on L ft, slightly bending both knees (ct 1), take wt off R ft (ct 2)	
5	turning face ctr, step on R ft sdwd R and leave the ball off the L ft on the floor (ct 1), hold (ct 2)	
6	facing ctr and moving sdwd L,	
	step on L ft (ct 1), step on R ft in front of L ft (ct 2)	
7	step on L ft (ct 1), step on R ft behind L ft (ct 2)	
8	balance on L ft (ct 1), hold (ct 2)	
9	balance on R ft (ct 1), hold (ct 2)	
10	balance on L ft (ct 1), lift R ft off the floor (ct 2)	

Note: The steps of meas 6-10 are performed very light with small lifts and syncopated bounces.

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 2 "Nabivanè" (Stamp)</u>
1-2	repeat pattern of meas 1-2 of Part 1	
3-4	two flat three-steps RLR, LRL	
5	turning face ctr, leap onto R ft lifting L knee sharply in front (ct 1), strike L heel, without wt, next to R toes (ct 2)	
6	moving sdwd L and look sdwd across L shoulder, leap onto L ft (ct 1), leap onto R ft in front of L ft (ct 2)	
7	leap onto L ft (ct 1), leap onto R ft behind L ft (ct 2)	
8	facing ctr and dance in place, small leap onto both ft together (ct 1), hop on L ft, sharply lifting R knee in front (ct 2)	
9-10	two Šopka's R, L or two flat three steps RLR, LRL	

Part 3 "Nazad" (Backwards)

1-7	repeat action of meas 1-7 of Part 2, turning body face LOD on meas 7
8	facing LOD and moving bkwd in RLOD, step on L ft, slightly bending body fwd (ct 1), hop on L ft (ct 2)
9	step on R ft (ct 1), hop on R ft (ct 2)
10	step on L ft in place (ct 1), hop on L ft in place (ct 2)

DANCE SEQUENCE

The different variations Part 1, 2 & 3 are alternated based on the direction of the *Horovodec* (leader of the line).
Tape JL1987.02 - Pan Bulgarian Folk Dances. Side A # 3.

Each variation is done four times.

This sequence is based on the recording on
Tape JL1987.01 - Bulgarian Folk Dances. Side B #12.