

Selsko Shopsko Horo za Poyas

(Bulgaria)

A male “led” dance from the village of Bozhurishte (Shopluk region, Midwest Bulgaria).

Pronunciation:

CD: CD1, Band 4; CD 3, Band 20; CD 4, “Shetala se,” Band 4. 2/4 meter

Formation: Semi-circle; belt hold (“na lessa”). Tempo is moderate, gradually accelerating.

Steps: Half run to the R: With the R ft raised slightly, leap onto R to R (ct 1); step on L behind R (ct 2.).

Jump: Starting with ft together, step on R to R (ct 1); hop on R (ct 2). May be done with opp ftwk and direction.

Rachenichna: Beg with L ft raised, step fwd on L (or leap onto L with a slight squat) (ct 1); small step on R near L, knees almost straightened (ct &); small step on L, raising the R ft (ct 2). May begin with the other ft (in place or moving fwd).

Ljava Graovka: Beg with ft together in a half-squat, step on R with knees half straightened, L ft raised (ct 1); step on L to L (ct &); step on R across in front of L with slight squat (ct 2).

Meas

Pattern

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| 1-2 | Half run to the R twice. |
| 3 | Jump beg R. |
| 4 | Rachenichna L. |
| 5 | Rachenichna R bringing ft together. |
| 6-7 | Beg with R, Ljava Graovka, turning to face ctr of circle. Repeat with L. |
| 8 | Beg with L Jump bkwd. |
| 9-10 | Rachenichna bkwd with R, then with L. |

Presented by Daniela Ivanova