

Selsko Shopsko Horo za Poyas

*A male "led" dance from the village of Bozhurishte (Shopluk region, Midwest Bulgaria).
"Na lessa" hold (hold on belt). The meter is 2/4 .*

Description of the motions:

Motion 1 – "Half run to the right"

Starting position: the R foot is lifted off the ground.

At "one" - a jump over with the R foot to the right

At "two" - a L foot step behind the right

Motion 2 – "Jump"

Starting position: feet together.

At "one" - step on R to the right

At "two" - hop on R

The motion may be performed with the other foot backwards.

Motion 3 – "Rachenichna"

Starting position: the L foot is off the ground.

At "one" - step on L foot (or jump with the L foot and a slight squat).

At "and" - small step on R foot close to the left. Feet are straightened but not fully.

At "two" - small step on L foot ; the R foot is off the ground.

The motion may begin with the other foot (in place or moving forward).

Motion 4- "Ljava Graovka"

Starting position: feet together, half-squat.

At "one" - tap with the R foot , half straightened out. The L foot is off the ground.

At "and" - a L foot step to the left

At "two" - a R foot step across the left with a slight squat.

Description of the dance

The tempo is moderate, gradually accelerating. The dancers are in a semi-circle, performing in consecution:

Measure 1-2: Motion 1 "Half run to the right"

Measure 3: Motion 2 "Jump"

Measure 4: Motion 3 "Rachenichna"

Measure 5: Motion 3 "Rachenichna" with the other foot immobile.

Measure 6-7: Motion 4 "Ljava Graovka", turning faces toward the center of the circle

Measure 8: Motion 2 "Jump" backward with the other foot

Measure 9-10: Motion 3 "Rachenichna" backwards.