

SITNO KAMENOPOLSKO HORO  
(North Bulgaria, Bulgaria)

This is a simpler version of Ramenopolsko Horo as learned from Prof. Stefan Văglarov of Sofia, Bulgaria.

RECORD: FOLKRAFT 1526-B (45)

FORMATION: Short lines with a "na lesa" or belt hold (L over R).  
Face R of center with R ft free.

---

METER: 2/4                                  FIGURES

---

Meas.

TRAVELING:

1     Bending slightly fwd from the waist, step R fwd (ct 1);  
close L slightly behind R (ct &); step R fwd (ct 2).

2     Repeat meas 1 with opp ftwk.

3-4   Straightening, do 4 skip-steps fwd, R,L,R,L.

5-16  Repeat meas 1-4 (4 times in all).

FWD AND BACK:

1-2   Repeat meas 1-2 of "Traveling" (two-step), except move twd  
ctr.

3     Repeat meas 1.

4     Straightening upper body, sharply kick L (knee straight) fwd  
and across in front of R (ct 1); "reel" step L behind R  
(ct 2).

5     "Reel" step R behind L (ct 1); "chug" back on both ft (ct 2).  
(Variation on ct 2 - scuff R heel fwd.)

6-10  Repeat meas 1-5 (fwd & back).

SINGLE CROSSES:

1     Facing ctr, cross and step R in front of L (ct 1); step L  
back in place (ct &); step R beside L (ct 2); step and cross  
L in front of R (ct &).

2     Step R back in place (ct 1); step L beside R (ct &); step  
and cross in front of L (ct 2); step back in place on L (ct &).

3     Step R beside L (ct 1); step and cross L in place (ct 2);  
step L beside R (ct &).

Closing Step

4     Fall onto R (lift L slightly behind R)(ct 1); kick L fwd  
(knee straight)(ct 2).

5     Step L back while kicking R fwd (knee straight)(scissors)  
(ct 1); step R back and kick L fwd (knee straight (scissors)  
(ct 2).

6     Chug back on both ft (ct 1); hop on L and swing R around in  
front (ct 2).

DOUBLE CROSS:

1 Step and cross R in front of L (ct 1); step back on L in place (ct &); step R beside L (ct 2); step L in place (ct &);.

2-7 Repeat meas 1-6 of "single cross"

1-10 REPEAT FWD & BACK

TRIPLE CROSSES:

1-2 Repeat meas 1 of "double crosses", twice.

3-8 Repeat meas 1-6 of "single crosses".

DOUBLED TRIPLE CROSSES: (Actually 12 meas)

Rhythm: for convenience, dancers beat will be - 1234, 2234, 323, 1234, 2234, 323, 123456 when \* is noted.

1-2 Repeat meas 1-2 of "triple crosses".

3\* Step and cross R in front of L (D.ct 1); step L back in place (D.ct 2); step R beside L (D.ct 3). (\*3 dancers cts)

4-5 Repeat meas 1-2 of "triple crosses."

6\* Repeat meas 3\*, with opp ftwk

New Ending = 6 cts

7 Step and cross R in front of L (D.ct 1); step L back in place (D.ct 2); step R beside L (D.ct 3); step and cross L in front of R (D.ct 4); step R back in place (D.ct 5); step L beside R (D.ct 6).

8-10 Repeat meas 4-6 of "single crosses."

1-16 REPEAT "TRAVELING"

1-10 REPEAT FWD & BACK

1-10 REPEAT DOUBLED TRIPLE CROSSES (Actually 12 meas)

11-20 Repeat meas 1-10.

DOUBLE QUADRUPLE CROSSES

Rhythm: for convenience, dancers beat will be - 1234, 2234, 3234, 423, 1234, 2234, 3234, 423, 123456 + closing step.

1-20 Repeat Triple crosses 2 times, except add one extra 4 ct crossing on both sides.

SEQUENCE:

- |                |                            |
|----------------|----------------------------|
| 4 Traveling    | 4 Traveling                |
| 2 Fwd & Back   | 2 Fwd & Back               |
| 1 Single Cross | 2 Double Tirple Crosses    |
| 1 Double Cross | 2 Fwd & Back               |
| 2 Fwd & Back   | 2 Double Quadruple Crosses |
| 1 Triple Cross |                            |

DOUBLE CROSS:

1 Step and cross R in front of L (ct 1); step back on L in place (ct &); step R beside L (ct 2); step L in place (ct &);.

2-7 Repeat meas 1-6 of "single cross"

1-10 REPEAT FWD & BACK

TRIPLE CROSSES:

1-2 Repeat meas 1 of "double crosses", twice.

3-8 Repeat meas 1-6 of "single crosses".

DOUBLED TRIPLE CROSSES: (Actually 12 meas)

Rhythm: for convenience, dancers beat will be - 1234, 2234, 323, 1234, 2234, 323, 123456 when \* is noted.

1-2 Repeat meas 1-2 of "triple crosses".

3\* Step and cross R in front of L (D.ct 1); step L back in place (D.ct 2); step R beside L (D.ct 3). (\*3 dancers cts)

4-5 Repeat meas 1-2 of "triple crosses."

6\* Repeat meas 3\*, with opp ftwk

New Ending = 6 cts

7 Step and cross R in front of L (D.ct 1); step L back in place (D.ct 2); step R beside L (D.ct 3); step and cross L in front of R (D.ct 4); step R back in place (D.ct 5); step L beside R (D.ct 6).

8-10 Repeat meas 4-6 of "single crosses."

1-16 REPEAT "TRAVELING"

1-10 REPEAT FWD & BACK

1-10 REPEAT DOUBLED TRIPLE CROSSES (Actually 12 meas)

11-20 Repeat meas 1-10.

DOUBLE QUADRUPLE CROSSES

Rhythm: for convenience, dancers beat will be - 1234, 2234, 3234, 423, 1234, 2234, 3234, 423, 123456 + closing step.

1-20 Repeat Triple crosses 2 times, except add one extra 4 ct crossing on both sides.

SEQUENCE:

- |                |                            |
|----------------|----------------------------|
| 4 Traveling    | 4 Traveling                |
| 2 Fwd & Back   | 2 Fwd & Back               |
| 1 Single Cross | 2 Double Tirple Crosses    |
| 1 Double Cross | 2 Fwd & Back               |
| 2 Fwd & Back   | 2 Double Quadruple Crosses |
| 1 Triple Cross |                            |