

Sitno Shopsko Horo

BULGARIAN

Bulgarian Men's Dance

Source Michel Cartier

Notes The "Shops" are peasants around the city of Sofia in Western Bulgaria. This Shopsko Horo has a ten measure construction with a series of steps to the right, then to the left. Steps and variations differ from village to village.

Music Monitor Bulgarian LP or Sofiisko Shopsko -- XOPO X-309.

Formation Open circle with leader at right. Hands on neighbor's belt, right over left. The following steps are used in the dance:

"Graovka Step" (facing obliquely left, back to LOD)
Ct. 1 Tap (or hop) with L heel (foot), R foot slightly raises from floor.
& Step back on R foot.
2 Step back on L foot with a deep flex.
Repeat with start on L foot if done twice,

"Shopska Step" (facing LOD)
Ct. 1 Small step forward on R foot.
& Small step forward on L foot.
2 Small step forward on R foot, with deeper flex of the R knee.
& Pause with weight on R foot. L foot remains raised off the floor
Repeat with start on L foot if done twice.

FIGURES

- Meas.
- | | |
|------|---|
| 1- 2 | Two Graovka steps going CCW backward. |
| 3- 4 | Two Shopska steps going CCW forward. |
| 5 | Ct. 1 Facing center, leap on R foot, bringing L knee high.
2 Stamp. L heel beside R foot, bending both knees. |
| 6 | Ct. 1 Hop on R foot.
& Step on L foot to left.
2 Cross and step on R foot in front of L foot with weight on it.
& Pause. |
| 7 | Ct. 1 Hop on R foot
& Step on L foot to left.
2 Cross and step on R foot in front of L foot with weight on it.
& Pause. |
| 8 | Ct. 1 Step on L foot to left.
2 Hop L, swing R foot in front of L foot. |
| 9-10 | Two Shopska steps forward toward center |

NOTE: Starting with meas. 5 thru 10, dancers are facing center.