ŠOPSKO HORO

SHOPSKO HORO
Bulgaria

SOURCE: This dance is actually a medley of steps from *Graovsko Horo*, *Zidarsko Horo*, and original source material learned by Dennis Boxell in Bulgaria.

RECORD: XORO 309; FOLKLORE DANCES OF BULG. B4000

FORMATION: Men and Women using a belt hold. Lines of 8-10 dancers.

MUSIC:	2/4	PATTERN

Measure

"SHOPSKA" step

1   Weight on balls of both ft., predominantly on R ft. (ct. 1); bounce on balls of both ft., barely leaving ground. Weight is for a moment predominantly on L ft. (ct. &); put all weight on R ft., raising L ft. off ground and bending L knee.

2   Same as above, but opposite footwork.

"GRAOVSKO" step (Sequence of four measures)

1   R ft. traces a double circle CW in air, R knee bent, weight on L ft.

2   Step on R ft. in pl. (ct. 1); slap sole of L ft. strongly frwd. on ground, L knee straight, bending R knee (ct. 2).

3   Step backward with L ft. (ct. 1); step bkwd. with R ft. (ct. 2);

4   Step backward with L ft. (ct. 1); hop on L ft. in pl., R knee bent in low lift.

"ZIDARSKO" step (Sequence of five measures)

1   Hop on L ft. in pl., bending R knee and raising it high (ct. 1); strike R heel on ground forcefully, slightly frwd. (ct. 2).

2   Step on R ft. in pl., bending L knee and raising it high (ct. 1); strike L heel on ground forcefully, slightly frwd. (ct. 2).

3   With scissors-like movement, slide L ft. back and put weight on it momentarily (ct. 1); with scissors-like movement, slide R ft. back and put weight on it momentarily (ct. 2).

Measure

4	Step on L ft. in pl., beginning to raise R leg frwd. (ct. 1); continue to raise R leg (ct. 2).
5	Hop on L ft. in pl. (ct. 1); bring R ft. down with a slap on the ground (ct. 2).

"TRAVELING HEEL" step

1	R leg straight, hit R heel frwd., weight on L ft. (ct. 1); step on R ft. frwd. (ct. 2).
2	Alternate footwork.

DANCE SEQUENCE AND PATTERN

FIGURE I

1-2	Four running steps to R, knees raised slightly (R, L, R, L).
3-6	Four SHOPSKA steps in place.
7-10	Four TRAVELING HEELS forward, beginning on R ft.
11-14	GRAOVSKO step.
15	Step R ft. in pl. (ct. 1); hop on R ft., raising L knee to low lift (ct. 2).
16	Step L ft. in pl. (ct. 1); hop on L ft., raising R knee to low lift (ct. 2).

FIGURE II

1-4	Four light "running threes" to R, beginning on R ft.
5-7	Three SHOPSKA steps in pl., facing center, but on ct. 2 extend free ft. frwd. close to ground.
8	Close L ft. with click of heel to R ft.
9	PAWING step. Hop on L ft. bringing R ft. straight up below knee (ct. 1); in a circular motion, extend R ft. out and down, brushing floor (ct. 2).
10	Repeat measure 9.
11	Hop on L ft., raising R knee (ct. 1); strike R heel on ground forcefully, slightly frwd. (ct. 2).
13	Run back on L ft. (ct. 1); run back on R ft. (ct. 2).
14-16	Three lift-steps as in Figure I, beginning with L ft.

SHOPSKO HORO (cont'd)

Measure

FIGURE III

1-2   Four running steps to R.

3-6   Four SHOPSKA steps in pl.

7-11   ZIDARSKO step.

12   Step on R ft. in pl. with emphasis (ct. 1); stamp L ft. close behind R almost perpendicular to R ft., L ft. does not take weight (ct. 2).

13-16   Same as measures 13-16 in Figure II.

FIGURE IV

1-2   Four running steps to R (R, L, R, L).

3   Turning to face center but moving sideward R, cross and step on R ft. across L ft. (ct. 1); cross and step on L ft. behind R ft. (ct. 2).

4   Step sdwd. R on R ft. (ct. 1); cross and step on L ft. in front of R ft. (ct. 2)

5   Hop on L ft. extending R ft. in air sdwd. R (ct. 1); cross and step on R ft. in front of L ft. (ct. 2); step sdwd. R on L ft. (ct. 2&).

6   Same as measure 5.

7   Leap sdwd. R on R ft. (ct. 1); stamp R ft. next to L ft. (ct. 2).

8   Leap sdwd. L on L ft. (ct. 1); stamp R ft. next to L ft. (ct. 2).

9   With a circular motion of R ft. from L to R, a large leap frwd. on R ft. (ct. 1); close and step frwd. on L ft. (ct. 2).

10-12   Repeat measure 9 three more times.

13-15   Slow GRAOVSKO step, R ft. takes a large circle CW in the air for three measures.

16   Leap on R ft. in pl. (ct. 1); slap sole of L ft. forcefully frwd. on ground, L knee straight (ct. 2).

17-20   Same as measures 13-16 in Figure II.

Presented by Dennis Boxell