

Staro BANSKO HORO

(Bulgaria)

Dance from the region of Bansko in the Pirin Mountains of South-West Bulgaria. Observed by Yves Moreau at a Folk Festival in the nearby town of Razlog, summer 1969.

Translation: Old dance from Bansko.

Pronunciation: STAH-roh BAHN-skoh hoh-ROH

Music: 7/8 meter (SQQ) CD: *Yves Moreau Stockton Folk Dance Camp 2009*, Band 2.

Formation: Mixed open circle or short line, hands slightly fwd in W-pos. Face slightly R of ctr, wt on L.

Styling: Light and proud but low to the ground

Meas Music: 7/8 meter

Pattern

1-4 INTRODUCTION Solo drumming, no action. Start with song.

I. BASIC FIGURE

1 Facing and traveling in LOD, step fwd on R with slight knee bend (ct 1); step fwd on L (ct 2); step fwd on R (ct 3).

2 Continue traveling in LOD, repeat meas 1 with opp ftwk.

3 Turning to face ctr, step on R (ct 1); raise L ft in front of R leg (ct 2); two light bounces on R (ct 3).

4 Step fwd on L lifting on L to bring R ft behind L calf (ct 1); two light bounces on L (cts 2, 3).

5 Still facing ctr, step back on R; closing L to R (ct 1); bounce twice in place on both feet (cts 2,3).

6-15 Repeat meas 1-5, two more times (3 total).

II. TRANSITION

1-3 Repeat Fig I, meas 1-3.

4 Repeat Fig I, meas 3 with opp ftwk and direction.

Dance repeats from beg, alternating Basic Figure and Transition Pattern.

Ending: Final transition, arms move fwd and then down.

Presented by Yves Moreau

Staro Bansko Horo—continued

STARO BANSKO HORO Lyrics
(Bulgaria-Pirin)

Mori trâgnali sa le malči momi
Cvete v livade da berat
Venki i čiči da vijat

The young girls went off
to gather flowers in the field
to make wreaths and bouquets

Mori a sled momi le, a sled momi
Tiho momci le vârveja
I si na sânce dumaja

Following the girls
the young boys quietly went
and said to the sun :

Mori zajdi pojdi le jasno sânce
Momi da si le grabneme
Doma da i le vodime

Rise, you bright sun
So we can grab the girls
and take them home...