

Staro Zagorsko Horo (Trakia, Bulgaria)

Staro Zagorsko Horo (STAH-roh zah-GOHR-skoh ho-ROH) is a dance of the Pravo Trakijsko family from the area around the town of Stara Zagora in eastern Trakia. It was observed at a folk festival in Haskovo, Trakia in June, 1966 by Yves Moreau, who taught it at the California Statewide Institute in May, 1996 and at the Stockton Folk Dance Camp in July-August, 1997. These two presentations used different music, requiring slightly different patterns. These are identified in the description below by (96) and (97), respectively.

Cassettes: Yves Moreau, Dances of Bulgaria, BMA-002-96, Side A/7; YM-UOP-97, Side B/1 2/4 meter

Formation: Open circle or line of dancers facing center, hands joined fwd in W-pos or belt hold, L over R.

Steps and Styling: Earthy, with slightly bent knees and somewhat flat steps. Upper body is proud and erect.

Measures	2/4 meter	PATTERN
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INTRODUCTION None (96). Slow air on the gaida; dance begins with 2/4 music (97).

I. PRAVO (PRAH-voh)

- 1 Facing diag R of ctr, step on R in LOD (CCW) (ct 1); step on L across in front of R with marked flexion (ct 2).
- 2 Facing ctr, step on R to R (ct 1); step on L behind R (ct 2).
- 3 Keeping L ft on floor, step on R to R and sway to R (ct 1); hold (ct 2).
- 4 Keeping both ft in place, sway to L (ct 1); hold (ct 2).

Fig I is danced until music speeds up significantly. With the transition to Figure II, hands are lowered to V-pos, where they remain throughout Figures II, III, and IV.

II. ZIVO (ZHEE-voh) (stronger travel step with "threes")

- 1 Facing LOD, stamp-step fwd strongly on R (ct 1); hop slightly on R, while extending L leg fwd, close to floor (ct 2).
- 2 Still moving in LOD, step fwd on L (ct 1); hop on L, while raising R ft behind (ct 2).
- 3 Dance two running steps (R,L) in LOD (cts 1,2) .
- 4 Turning to face ctr, step on R to R (ct 1); step on L behind R (ct 2).
- 5 Turning to face very slightly L of ctr, step on R beside L (ct 1); step on L beside R (ct &); step on R beside L (ct 2).
- 6 Repeat meas 5 with opp ftwk and direction.
- 7-8 Repeat meas 5-6.

III. NA MJASTO (nah-MYAH-stoh) (in place)

- 1 Facing ctr, step heavily fwd on R, raising L leg fwd with knee bent (ct 1); kick-push L leg fwd and down, straightening knee with heel down close to floor (ct 2).
- 2 Hop slightly on R, while retracting L leg with bent knee (ct 1); bringing L leg around to L, step on L behind R (ct 2).
- 3 Dance two running steps in place (R,L) with fairly high knees, raising R leg out to R on second step (ct 2).
- 4 Close R ft to L with a sharp click (ct 1); hold (ct 2).
- 5-8 Repeat Figure II, meas 5-8.

IV. NAPRED (nah-PRED) (forward)

- 1 Facing ctr, move fwd with two running steps (R,L) (cts 1,2).
- 2 Close R ft to L with a sharp click (ct 1); hold (ct 2).
- 3-4 Repeat meas 1-2.
- 5 Leap sharply onto R in front of L, raising L up behind (ct 1); step on L behind R (ct 2).
- 6 Dance two small running steps (R,L) in place (cts 1,2).
- 7-8 Repeat Fig. III, meas 1-2.
- 9 Facing ctr, move bkwd with two running steps (R,L) (cts 1,2).
- 10 Continue bkwd with three steps (R,L,R) (cts 1,&,2).
- 11-12 Continuing bkwd, repeat meas 9-10 with opp ftwk.
- 13-16 (96 only) Repeat Figure III, meas 1-4.

SEQUENCE: Fig. I is repeated throughout the slow music, 8 times (96) or 15 times (97). Transitions to Figs. II, III, and IV are called by the leader. For (96) Yves danced Figs. II and III twice each, and Fig. IV, 3 times. If meas 13-16 are omitted in (96), Fig. IV may be danced 4 times. For (97) Yves danced Fig. II and III 4 times each, and Fig. IV, twice. The two remaining measures of music were used to begin Fig. IV again.