

ŽENSKO SVATBARSKO HORO

(Bulgaria - Pirin)

Dance from the region of Goce Delčev (Nevrokop). It is a women's dance done at weddings to the song *Zaspala e Fida*.

Pronunciation: ZHEHN-skoh Svaht-BAHR-skoh Hoh-ROH
Music: Yves Moreau CD
Rhythm: 8/8 counted here as SQS1-2-3, 1-2, 1-2-3 or 1,2,3 with "stretches" or stops on measures 2,4 and 7 of the 12-measure phrase
Formation: Open circle or short line of W, hands slightly fwd in "W" pos. Face slightly R of ctr, Wt on L
Style: Macedonian. Very light and proud but low to the ground

Meter: 8/8	Pattern
	Introduction, 2 meas. (hand drum). No action.
	1. Basic figure
1	Facing and travelling CCW, step on R fwd (1) step on L across R (2) hold (3)
2	Facing ctr and in place, small soft step on R, "sinking" slightly and lifting L knee (1) small soft step on L, "sinking" slightly and lifting R knee (2) small soft step on R, "sinking" slightly and lifting L knee and extending L leg fwd, out and around to L, straightening knee (3)
3-4	Repeat pattern of measure 1-2 with reverse direction and ftwrk
5	Repeat pattern of meas 1
6	Step on R to R (1), do a lift onto ball of R ft, lifting L knee and circling ft CCW (2) step on L behind R (3)
7	Repeat pattern of meas 2, but do not extend L leg to L at the end of ct 3
8	Facing ctr, step slightly fwd on L (1) light lift onto L (2) step on R in front of L (3)
9	Three light "sinking" steps in place, L-R-L
10-11	Repeat pattern of meas 8-9 with reverse ftwrk
12	Repeat pattern of 9, extending R leg around and out to R on ct 3 in preparation for repeat of dance.

Dance repeats from beginning (6 times total). Ending: Repeat meas. 1, then drop onto R ft extending L leg fwd in front of R (1) hold (2,3)

Presented by Yves Moreau