

Nestinarsko Horo

(Bulgaria)

This dance is part of the *Nestinarsko* ritual connected with the feast of St. Constantine and St. Helen. This ritual died out in 1956, but is now being somewhat revived in certain villages of the Strandja mountains. This dance is related to the Pravo Horo and was danced around the fire before the hot coals were spread and certain initiated women (*nestinarki*) carrying sacred icons would dance barefoot on the hot coals in a trance-like state. There are similar forms of this ritual still practiced in Northern Greece under the name of Anasternaria. Source: documentary film, Institute of Music, Sofia (Raina Katsarova--1956).

Pronunciation:

Cassette: YM-UPO-91.

Rhythm: 7/16, counted here as 1-2,1-2,1-2-3 or Q,Q,S or 1,2,3 connected with a tune in 2/4.

Formation: Open circle or line, hands joined in "W" pos (shldr height). Face ctr, wt on L.

Style: Bent knees. Proud and smooth.

<u>Meas</u>	<u>Pattern</u>
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8 meas	<u>INTRODUCTION.</u> No action.
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BASIC FIGURE (7/8).

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| 1 | Large step on R with marked knee flexion (ct 1); pause (ct 2); slight elevation on R ft, lifting L ft behind (ct 3). |
| 2 | Repeat meas 1 with opp ftwk. |
| 3 | Facing ctr, small hop on L (ct 1); step on R to R (ct 2); cross L ft behind R ft (ct 3). |
| 4 | Step on R to R (ct 1); pause (ct 2); small hop on R lifting L ft (ct 3). |
| 5-6 | Repeat meas 3-4 with opp ftwk and direction. |

Arm movements:

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|-----|--------------------------|
| 1-2 | "W" pos. |
| 3 | Arms move down and bkwd. |
| 4 | Arms return to "W" pos. |
| 5-6 | Repeat meas 1-4. |

FIG II. PRAVO HORO (2/4).

At a certain point the rhythm changes to 2/4.

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| 1 | Step on R to R (ct 1); step on L in front of R (ct 2). |
| 2 | Facing ctr, step on R to R (ct 1); step on L behind R (ct &); step on R to R (ct 2). |
| 3 | Repeat meas 2 with opp ftwk and direction. |

Presented by Yves Moreau