

SELKO ŠOPSKO HORO
(Bulgaria)

Translation: 1. Village line dance from the ethnographical region of Šopluk, West-Bulgaria.
2. Straight line dance from the Šop-region.

Pronunciation: SEL-skoh SHOHP-skoh hoh-ROH

This dance is one of the most popular line dances throughout the entire Šop-region in West-Bulgaria - it can be considered as the Pravo Horo of Šopluk. It is done by both men and women in a mixed line.

The following names are used for the same dance:

Šelsko Šopsko Horo (Village dance from Šopluk)
Šopsko, za Pojas or Za Pojas (Belt hold line dance)
Sitno Šopsko Horo (Small-stepped dance from Šopluk)
Pravo Šopsko Horo (Straight line dance from Šopluk)

The Šop version of the Pravo-step contains four quick steps followed by two slow ones:

●	●	●	●	○	○
R	L	R	L	R	L
Q	Q	Q	Q	S	S

This step covers four measures.

Like many dances from Šopluk this one too shares the typical feature of a 10 measure dance phrase. Other dances from this region with a 10 measure basic dance pattern are: Kjustendilská Râčeniça or Kopčeto and the original and older forms of Pajduško and Cetvorno.

Music: LP/Cassette "Folk Dances from Bulgaria" vol. 4
JL 1988.02 Side A/3 2/4 meter

Basic Step: Šopska R and L: Facing ctr, dance in place,
R knee is up -

meas 1	Strike the ball of R ft next to L toes (ct 1); lift R knee in front, bending L knee (ct &); low leap onto R ft in place at the same time lifting L knee in front (ct 2)	} Sopska R
meas 2	Repeat meas 1 with opp ftwk.	} Sopska L

This step can be replaced by an easier small and flat three-step: R,L,R (cts 1,&,2); and L,R,L (cts 1,&,2).

Style: Šopski: small and energetic steps (Sitno). The upper part of the body moves slightly fwd in coordination with the knee liftings. Keep the shldr relaxed so they can gently bounce with the rhythm of the steps (Natrisanè)

Formation: Open circle. Hands at belt-hold pos, L arm over (Za Pojas or Na Pojas)

SELŠKO ŠOPSKO HORO (cont'd)

<u>Meas</u>	<u>Pattern</u>
<u>32 meas</u>	<u>INTRODUCTION.</u>
	<u>Part 1 "Ljuš" (Balance)</u>
1	Facing and moving in LOD, step on R ft (ct 1); step on L ft (ct 2).
2	Repeat meas 1.
3	Step on R ft, slightly bending both knees (ct 1); take wt off L ft (ct 2).
4	Step on L ft, slightly bending both knees (ct 1); take wt off R ft (ct 2).
5	Turning to face ctr, step on R ft sdwd R and leave the ball of the L ft on the floor (ct 1); hold (ct 2).
6	Facing ctr and moving sdwd L, step on L ft (ct 1); step on R ft in front of L ft (ct 2).
7	Step on L ft (ct 1); step on R ft behind L ft (ct 2).
8	Balance on L ft (ct 1); hold (ct 2).
9	Balance on R ft (ct 1); hold (ct 2).
10	Balance on L ft (ct 1); lift R ft off floor (ct 2). Note: The steps of meas 6-10 are performed very light with small lifts and syncopated bounces
	<u>Part 2 "Nabivane" (Stamp)</u>
1-2	Repeat meas 1-2 of Part 1.
3-4	Two flat three-steps R,L,R; L,R,L.
5	Turning to face ctr, leap onto R ft, lifting L knee sharply in front (ct 1); strike L heel, without wt, next to R toes (ct 2).
6	Moving sdwd L and look sdwd across L shldr, leap onto L ft (ct 1); leap onto R ft in front of L (ct 2).
7	Leap onto L ft (ct 1); leap onto R ft behind L (ct 2).
8	Facing ctr and dance in place, small leap onto both ft together (ct 1); hop on L ft, sharply lifting R knee in front (ct 2).
9-10	Two Šopka's R,L or two flat three steps R,L,R; L,R,L.
	<u>Part 3 "Nazad" (Backwards)</u>
1-7	Repeat meas 1-7 of Part 2, turning body to face LOD on meas 7.
8	Facing LOD and moving bkwd in RLOD, step on L ft, slightly bending body fwd (ct 1); hop on L ft (ct 2).
9	Step on R ft (ct 1); hop on R ft (ct 2).
10	Step on L ft in place (ct 1); hop on L ft in place (ct 2).

Dance Sequence: The different variations - Part 1,2 and 3, are alternated based on the direction of the Horovodec (leader of the line).

Notes by Jaap Leegwater

Presented by Jaap Leegwater