

Shàreno horò

(Bulgaria)

From the village of Manastirishte, North Bulgaria.

Pronunciation:

CD: ILBD # 9 - 2002

Rhythm: 11/16 meter Q Q S Q Q counted 1 2 3 4 5

Formation: Mixed open circle, hands joined in V-pos.

Meas

Pattern

8 meas INTRODUCTION. No action.

FIGURE I

- 1 Facing ctr, leap onto R to R side while slightly bending body fwd (ct 1); leap onto L behind R (ct 2); leap onto R to R side while straightening the body (ct 3); hop on R (ct 4); leap onto L across in front of R (ct 5).
- 2 leap onto R to R side (ct 1); leap onto L behind R (ct 2); leap onto R to R side (ct 3); hop on R (ct 4); leap onto L in place while moving the sole of R ft low to R side (ct 5).
- 3 Click sole of R ft on L ankle (ct 1); leap onto L in place while lifting R knee high (ct 2); hop on L while kicking or touching R ft fwd (ct 3); leap onto R next to L (ct 4); leap onto L in place (ct 5).

FIGURE II

- 1 Facing ctr, leap onto R in place (ct 1); leap onto L next to R (ct 2); hop on L while stamping R heel fwd (ct 3); hop on L while stamping R toes bkwd (ct 4); hold (ct 5).
- 2 Hop on L while stamping R heel fwd (ct 1); hold (ct 2); step on R in place while lifting L knee high (ct 3); leap onto L in place (ct 4); leap onto R in place (ct 5).
- 3 Leap onto L in place while kicking sole of R ft across L ft and bending body to R side (ct 1); hold (ct 2); step on R next to L (ct 3); hop on R in place (ct 4); leap onto L in place (ct 5).

FIGURE III (in place)

- 1 Facing ctr, leap onto R in place (ct 1); leap onto L next to R (ct 2); leap onto R in place (ct 3); hop on R in place (ct 4); leap onto L in place (ct 5).
- 2 Repeat meas 1.
- 3 Leap onto R in place (ct 1); leap onto L in place (ct 2); hop on L while kicking R fwd (ct 3); hold (ct 4); hold (ct 5).
- 4 Leap fwd onto R (ct 1); leap bkwd onto L (ct 2); hop on L in place while hooking R ft across L ft (ct 3); leap onto R to R side (ct 4); leap onto L in place (ct 5).
- 5 Leap fwd onto R (ct 1); leap bkwd onto L (ct 2); leap onto R next to L while kicking L fwd low (ct 3); hop on R in place (ct 4); step on L behind R while kicking R fwd low (ct 5).
- 6 Hop on L in place (ct 1); step on R behind L (ct 2); step on L next to R (ct 3); hop on L in place (ct 4); stamp R next to L toes, no wt (ct 5).

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- 7 Leap onto R in place (ct 1); stamp on L heel next to R toes (ct 2); jump onto both ft, one foot apart (ct 3); close both ft together (ct 4); open both heels apart (ct 5).
- 8 Close both heels together (ct 1); open both heels apart (ct 2); close both heels together (ct 3); hop on L in place (ct 4); stamp R heel next to L toes, no wt (ct 5).

Sequence: Fig I three times; Fig II three times; Fig III three times.
Repeat this sequence until the end of the melody.

Presented by Iliana Bozhanova and Lyuben Dossev