

SHOPSKO HORO
(Bulgaria)

This dance is actually a medley of steps from Graovsko Horo, Zidarsko Horo and original source material learned by Dennis Boxell in Europe, 1961.

Music: Record: Folklore Dances of Bulgaria B-4000-A, Band 5.
Or any 2/4 appropriate shope music.

Formation: M and W using belt hold. Lines of 8-10 dancers.

Steps:

<u>Meas</u>	<u>Ct</u>	<u>SHOPKA:</u>
1	1	Wt on balls of both ft, predominantly on R ft
	&	Bounce on balls of both ft, barely leaving ground.
		Wt is for moment predominantly on L ft.
2	2	Put all wt on R ft, raising L off ground and bending L knee.
		Same as above, but opp ftwork.
 <u>GRAOVSKO (sequence of 4 meas)</u>		
1	1-2	R ft traces a double circle CW in air, R knee bent, wt on L ft.
2	1	Step on R ft in place.
	2	Slap sole of L ft strongly fwd on ground, L knee straight, bending R knee.
3	1	Step bwd with L ft.
	2	Step bwd with R ft.
4	1	Step bwd with L ft.
	2	Hop on L in place, R knee bent in low lift.
 <u>ZIDARSKO (sequence of 5 meas)</u>		
1	1	Hop on L ft in place, bending R knee and raising it high.
	2	Strike R heel on ground forcefully, slightly fwd.
2	1	Step on R ft in place, bending L knee and raising it high.
	2	Strike L heel on ground forcefully, slightly fwd.
3	1	With scissors-like movement, slide L ft back and put wt on it momentarily.
	2	With scissors-like movement, slide R ft back and put wt on it momentarily.
4	1	Step on L ft in place, beginning to raise R leg fwd.
	2	Continue to raise R leg.
5	1	Hop on L ft in place.
	2	Bring R ft down with a slap on the ground.
 <u>TRAVELING HEEL</u>		
1	1	R leg straight, hit R heel fwd, wt on L ft.
	2	Step on R ft fwd.
2		Same, but with alternate ftwork.
 <u>Pattern</u>		
		I.
1-2		4 running steps to R, knee raised slightly, beg R ft.
3-6		4 SHOPKA steps in place.

SHOPSKO HORO (cont)

- 7-10 4 TRAVELING HEELS fwd, beg R ft.
 11-14 1 GRAOVSKO step (4 meas).
 15 1 Step R ft in place.
 2 Hop on R, raising L knee to low lift.
 16 1 Step on L in place.
 2 Hop on L, raising R knee to low lift.

II.

- 1-4 4 light "running threes" to R, beg R ft.
 5-7 3 SHOPKA steps in place, facing ctr, but on ct 2 extend free
 ft fwd close to ground.
 8 Close L ft with click of heel to R ft.
 9 1 "Pawing" step. Hop on L, bringing R straight up below knee.
 2 In a circular motion, extend R ft out and down, brushing floor.
 10 Repeat action of meas 9, Fig II.
 11 1 Hop on L ft, raising R knee.
 2 Strike R heel on ground forcefully, slightly fwd.
 12 1 Step on R ft in place, bending L knee.
 2 Strike L heel on ground forcefully, slightly fwd.
 13 1 Run back on L ft.
 2 Run back on R ft.
 14-16 3 step-lifts as in meas 15-16, Fig I, beg L ft.

III.

- 1-2 4 running steps to R.
 3-6 4 SHOPKA steps in place.
 7-11 1 ZIDARSKO step (5 meas).
 12 1 Step on R in place with emphasis.
 2 Stamp L ft close behind R almost perpendicular to R. L ft does
 not take wt.
 13-16 Repeat action of meas 13-16, Fig II.

IV.

- 1-2 4 running steps to R.
 3 1 Turning to face ctr, step on R in front of L, crossing in front.
 2 Step on L in place.
 4 1 Small step bwd on R.
 2 Step on L in place.
 5 1 Hop on L, moving slightly R, simultaneously touching R toe on
 ground out and to the R of the L ft. Both knees are bent.
 2 Hop again on L, this time touching R toe directly in front of L ft.
 Continue to move slightly R.
 6 Repeat action of meas 5, Fig IV.
 7 1 Hop on L in place.
 & Step diag R on R.
 2 Step diag R on L ft, crossing in front of R.
 8 1 Low jump onto R ft, slightly R.
 2 Strike L heel on the ground, next to and slightly fwd of R.
 9 1 Low jump onto L ft, slightly L.
 2 Strike R heel next to and slightly fwd of L.

SHOPSKO HORO (cont)

- 10 1 Moving fwd, slide R ft fwd and parallel to the L ft, then slightly curve to the R and step onto the R ft at this point. Body faces fwd.
 2 Step L directly fwd in a straight line, at the same time bending L knee and twisting hips slightly L.
 11-12 Repeat action of meas 10, Fig IV.
 13 "Slow Circle" - R ft traces a complete CW circle in air, R knee bent.
 14 Repeat action of meas 13, Fig IV.
 15 1 R ft traces an incomplete CW circle in air, preparing to step on R ft in place.
 2 Step on R.
 16 1 Slap sole of L ft on ground, R knee bent, L knee straight.
 2 Hold
 17-20 Repeat action of meas 13-16, Fig II.

Presented by: Dennis Boxell

ZAPLET
(Slavonia)

Presented by John Filcich at the 1957 Folk Dance Camp, University of the Pacific.

Music: Record: Jugoton 6259 "Zaplet".
 Piano: Lj. M. Bošnjaković, "Narodne Igre", page 22, dance #24.

Formation: Open kolo, leader at R end. Arms may be extended and interlaced with other dancers, L hand over R, or arms may be held straight down, hands joined with neighbor's hands.

Steps: Step-hop (keep feet close to floor); Malo (fig II)

<u>Measures</u>	<u>Pattern</u>
2/4	
	<u>I.</u>
1	Step-hop on R ft to the R.
2	Step-hop on L ft to the R, crossing in front of R.
3	Step-hop on R ft to the R.
	<u>II.</u>
4	Step L with L ft. Step R ft in back of L.
5	Step L with L ft. Bring R ft to L (no wt), hopping lightly on L.
6-7	Repeat action of meas 4-5 to the R, reversing ftwork.
8-9	Repeat action of meas 4-5.

Presented by: John Filcich