

Šopska Za Pojas

(Bulgaria)

The name translates as "line dance from the Šop region with the hands at the waistband (za pojas) or belt." This dance is one of the most popular line dances throughout the entire Šop region of West Bulgaria. It can be considered as the Pravo Horo of Šopluk. The dance is performed by both men and women in a mixed line. The following names are used for the same dance: Selsko 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).

Like many dances from Šopluk, this one shares the typical feature of a 10-meas dance phrase. Other dances from this region with a 10-meas basic dance pattern are: Kjustentilska Râčenica or Kopčeto, and the original and older forms of Pajduško and Četvorno. Jaap Leegwater learned this dance as a student at the state Choreographers School in Plovdiv in 1972 and 1975 from Dimitar Dojčinov in Bulgaria.

Pronunciation: SHOHP-skoh zah POH-yahs

Cassette: Folk dances from Bulgaria, UOP Folk Dance Camp 2000, "Selsko Šopsko Horo" Side A/2
Folk Dances from Bulgaria, vol 4- JL1988.02 Side A/3 2/4 meter

Formation: Open or half circle, hands joined in belt hold, L arm over.

Steps: The Šop version or the Provo step consists of four quick steps (2 per meas), followed by two slow ones (1 per meas):

R L R L R L

QQ QQ S S

The step covers four meas.

Šopska R and L: Face ctr, dance in place. The 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 in place, at the same time lifting L knee in front (ct 2).

meas 2: Repeat meas 1 with opp ftwk.

This step can be replaced by an easier, small and flat three-step RLR and LRL.

Styling: Šopski: small and energetic steps, 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.

Meas

Pattern

2 meas INTRODUCTION. No action.

PART 1. LJUŠ ("BALANCE")

- 1 Facing and moving in LOD, step on R (ct 1); step on L (ct 2).
- 2 Repeat meas 1.
- 3 Step on R, slightly bending both knees (ct 1); take wt off L ft (ct 2).
- 4 Step on L, slightly bending both knees (ct 1); take wt off R ft (ct 2).
- 5 Turning to face ctr, step on R sdwd to R and leave the ball of the L ft on the floor (ct 1); hold (ct 2).
- 6 Moving in RLOD, step on L (ct 1); step on R in front of L (ct 2).

Šopsko za Pojas—continued

- 7 Step on L (ct 1); step on R behind L (ct 2).
 8 Facing ctr, balance on L (ct 1); hold (ct 2).
 9 Balance on R (ct 1); hold (ct 2).
 10 Balance on L (ct 1); lift R ft off the floor (ct 2).
 Note: The steps of meas 6-10 are performed very lightly with small lifts and syncopated bounces.

PART 2. NABIVANÈ (“STAMP”)

- 1-2 Repeat Part 1, meas 1-2.
 3-4 Two flat three-steps RLR, LRL.
 5 Turning to face ctr, leap onto R, lifting L knee sharply in front (ct 1); strike L heel, without wt, next to R toes (ct 2).
 6 Moving sdwd L and looking sdwd across L shldr, leap onto L (ct 1); leap onto R in front of L (ct 2).
 7 Leap onto L (ct 1); leap onto R behind L (ct 2).
 8 Small jump onto both ft together (ct 1); hop on L, sharply lifting R knee in front (ct 2).
 9-10 Two Šopskas R, L or two flat three-steps RLR, LRL.

PART 3. NAZAD (“BACKWARD”)

- 1-7 Repeat Part 2, meas 1-7, turning body to face LOD on meas 7.
 8 Step bkwd on L, slightly bending body fwd (ct 1); hop on L (ct 2).
 9 Step bkwd on R (ct 1); hop on R (ct 2).
 10 Step on L in place (ct 1); hop on L in place (ct 2).

PART 4

- 1 Graovka: Facing RLOD and moving bkwd in LOD, Čučke or hop on L (ct 1); step on R (ct &); step on L, slightly bending both knees (ct 2).
 2 Repeat meas 1.
 3-4 Facing and moving in LOD, dance two flat three-steps RLR, LRL.
 5 Turning to face ctr, small lift or hop on L (ct & before ct 1); small step on R sdwd to R (ct 1); hop on R, pumping L ft down in front (ct 2).
 6 Graovka sâs krâstosane: Facing ctr, moving sdwd L, Čučke or hop on R, lifting L knee in front (ct 1); step on L (ct &); step on R in front of L (ct 2).
 7 Čučke or hop on R, lifting L knee in front (ct 1); step on L (ct &); step on R behind L (ct 2).
 8 Facing ctr, dancing in place, small jump on both ft apart, wt primarily on L ft (ct 1); flick R ft across in front of L leg (ct 2).
 9 Hop on L, swinging R leg around and behind L leg (ct 1); step on R behind L (ct &); step on L behind R, at the same time turning R heel in, while the ball of the R ft remains on the floor (ct 2).
 10 Small jump on both ft apart, wt primarily on the L ft (ct 1); slide R ft to where the L previously was and step on R, lifting L knee in front (ct &); step on L across in front of R ft, knees slightly bent (ct 2).

Note: The different variations—Parts 1, 2, 3, and 4—are alternated based on the directions of the *Horovodec* (leader of the line.)

Description by Jaap Leegwater, © 1989

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