

Staro Zagorsko Horo

(Bulgaria)

Dance type related to the *Pravo Trakijsko* family. These variations come from the area around the town of Stara Zagora in Central Thrace. As observed by Yves Moreau at a folk festival in Haskovo, Thrace, June 1966.

Pronunciation: STAH-roh zah-GOHR-skoh ho-ROH

Music: Yves Moreau cassette YM-UOP-97, Side B/1 2/4 meter

Formation: Open circle or line, hands joined down in V-pos. or belt hold, L over R, Wt on L.

Style: Earthy, somewhat flat steps, slight knee bend, upper body proud and erect.

Meas Pattern

INTRODUCTION. Slow air on "gajda" (bagpipe). Dance begins with 2/4 music.

I. PRAVO (PRAH-voh)

- 1 Facing ctr, step on R to R (ct 1); step on L crossing in front of R with marked flexion (ct 2).
- 2 Facing ctr, step on R to R (ct 1); step on L crossing behind R (ct 2).
- 3 Sway sideways to R onto R (ct 1); hold (ct 2).
- 4 Sway sideways to L onto L (ct 1); hold (ct 2).

Note: Fig I is done until music speeds up considerably. After that Figs II through IV are called by leader (no specific number of times).

II. ZIVO (ZHEE-voh) (stronger travel step with "threes")

- 1 Facing LOD, strong stamp-like step fwd on R (ct 1); small hop on R, simultaneously extending L leg fwd, close to ground (ct 2).
- 2 Still moving in LOD, step on L ft (ct 1); hop on L, simultaneously picking up R ft in back (ct 2).
- 3 Still moving in LOD, two running-steps, R, L (cts 1,2).
- 4 Facing ctr, step on R to R (ct 1); step on L crossing behind R (ct 2).
- 5 Facing ctr, do little "threes" to R (R, L, R), flat onto heels (cts 1,&,2).
- 6 Repeat meas 5 with opp ftwk and direction.
- 7-8 Repeat meas 5-6.

III. NA MJASTO (nah-MYAH-stoh) (in place)

- 1 Facing ctr, strong heavy step fwd on R, simultaneously raising L knee (ct 1); "kick-push" L leg fwd, heel down, close to the floor (ct 2).
- 2 Small hop on R, simultaneously retracting L knee (ct 1); bring L leg slightly out to L and step on L behind R ft (ct 2).
- 3 Two running steps in place (R, L) with fairly high knees, opening R leg out to R on second running step (ct 1,2).
- 4 Sharply "click" (close) R to L (ct 1); hold (ct 2).
- 5-8 Repeat meas 5-8, Fig II.

Staro Zagorsko—continued

IV. NAPRED (forward)

- 1 Facing ctr, two running steps fwd R, L (cts 1,2).
- 2 Repeat Fig III, meas 4 (click).
- 3-4 Repeat meas 1-2.
- 5 Sharp leap onto R in front of L (ct 1); step on L in place (ct 2).
- 6 Two small running steps in place R, L.
- 7-8 Repeat Fig III, meas 1-2.
- 9 Facing ctr, two running steps bkwd R, L (cts 1,2).
- 10 Still moving bkwd, do three steps R, L, R (cts 1,&,2).
- 11-12 Repeat meas 9-10, still moving bkwd but beg with L ft.
- 13-24 Repeat meas 1-12.

Presented by Yves Moreau