

Žensko Svatbarsko Horo

(Bulgaria - Pirin)

Dance from the region of Goce Delčev (Nevrokop). It is a women's dance done at weddings to the song *Zaspala e Fida*.

Pronunciation: ZHEHN-skoh svaht-BAHR-skoh hoh-ROH

Music: Yves Moreau CD FB-007

Rhythm: 8/8 counted here as SQS 1-2-3,1-2,1-2-3 or 1,2,3 with "stretches" or stops on measures 2, 4 and 7 of the 12-measure phrase.

Formation: Open circle or line of W, hands joined in W-pos. Face slightly R of ctr, wt on L.

Styling: Macedonian. Very light and proud.

Meas

Pattern

2 meas INTRODUCTION (hand drum) No action.

I. BASIC FIGURE

- 1 Step on R on R (ct 1); step on L across R (ct 2); hold (ct 3).
- 2 Facing ctr and in place, small soft step on R, "sinking" slightly and lifting L knee (ct 1); small soft step on L, "sinking" slightly and lifting R knee (ct 2); small soft step on R, "sinking" slightly and lifting L knee and extending L leg out to L, straightening knee (ct 3).
- 3-4 Repeat meas 1-2 with opp direction and ftwk.
- 5 Repeat meas 1.
- 6 Step on R to R (ct 1); do a lift onto ball of R ft, raising L knee (ct 2); step on L behind R (ct 3).
- 7 Repeat meas 2, but do not extend L leg to L at the end on ct 3.
- 8 Facing ctr, step slightly fwd on L (ct 1); light lift on L (ct 2); step on R in front of L (ct 3).
- 9 3 light "sinking" steps in place, L-R-L (cts 1,2,3).
- 10-11 Repeat meas 8-9 with opp ftwk.
- 12 Repeat meas 9, extending R leg out to R on ct 3 in preparation for repeat of dance.

Dance repeats from beginning.

Presented by Yves Moreau