

TRANSLATION : 1. Village line dance from the ethnographical region of Šopluk, West-Bulgaria.
2. Straight line dance from the Šop-region.

BACKGROUND : This dance is one of the most popular line dances throughout the entire Šop-region in West-Bulgaria, it can be considered as the *Pravo Horo* of Šopluk. It is done by both men and women in a mixed line.
The following names are used for the same dance:
Selko 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)
The Šop version of the *Pravo*-step contains four quick steps followed by two slow ones:



This step covers four measures.

Like many dances from Šopluk this one too shares the typical feature of a 10 measure dance phrase. Other dances from this region with a 10 measure basic dance pattern are: *Kjustendilska Răčenica* or *Kopčeto* and the original and older forms of *Pajduško* and *Četvorno*.

MUSIC : LP/Cassette "Folk Dances from Bulgaria"-volume 4
JL1988.02 by Jaap Leegwater Side A, band 3

METER : 2/4 or 1 2 or 1 & 2 &

STYLE : *Šopski*
- small and energetic steps (*Sitno*)
- the upper part of the body moves slightly fwd in coordination with the knee liftings
- keep the shoulders relaxed so they can gently bounce with the rhythm of the steps (*Natrisanè*)

BASIC STEP : *Šopska R & L*
This step can be replaced by an easier small and flat three-step RLR and LRL.

SELSKO ŠOPSKO HORO (page 2 of 3)

FORMATION : Open circle.
Hands at belt-hold position, L arm over.
(*Za Pojas* or *Na Pojas*)

INTRODUCTION : 32 measures

DESCRIPTION OF THE ŠOPSKA-STEP

<u>MEAS</u>	<u>PATTERN</u>	
1	facing ctr, dance in place, R knee is up, 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 ft in place at the same time lifting L knee in front (ct 2)	} Šopska R.
2	repeat action of meas 1 with opp ftwk	

DESCRIPTION OF THE DANCE

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1 "Ljuš" (Balance)</u>
1	facing and moving in LOD, step on R ft (ct 1), step on L ft (ct 2)	
2	repeat action of meas 1	
3	step on R ft, slightly bending both knees (ct 1), take wt off L ft (ct 2)	
4	step on L ft, slightly bending both knees (ct 1), take wt off R ft (ct 2)	
5	turning face ctr, step on R ft sdwd R and leave the ball off the L ft on the floor (ct 1), hold (ct 2)	
6	facing ctr and moving sdwd L, step on L ft (ct 1), step on R ft in front of L ft (ct 2)	
7	step on L ft (ct 1), step on R ft behind L ft (ct 2)	
8	balance on L ft (ct 1), hold (ct 2)	
9	balance on R ft (ct 1), hold (ct 2)	
10	balance on L ft (ct 1), lift R ft off the floor (ct 2)	

Note: The steps of meas 6-10 are performed very light with
small lifts and syncopated bounces.

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 2 "Nabivanè" (Stamp)</u>
1-2	repeat pattern of meas 1-2 of Part 1	
3-4	two flat three-steps RLR, LRL	
5	turning face ctr, leap onto R ft lifting L knee sharply in front (ct 1), strike L heel, without wt, next to R toes (ct 2)	
6	moving sdwd L and look sdwd across L shoulder, leap onto L ft (ct 1), leap onto R ft in front of L ft (ct 2)	
7	leap onto L ft (ct 1), leap onto R ft behind L ft (ct 2)	
8	facing ctr and dance in place, small leap onto both ft together (ct 1), hop on L ft, sharply lifting R knee in front (ct 2)	
9-10	two Šopka's R, L or two flat three steps RLR, LRL	

Part 3 "Nazad" (Backwards)

1-7	repeat action of meas 1-7 of Part 2, turning body face LOD on meas 7
8	facing LOD and moving bkwd in RLOD, step on L ft, slightly bending body fwd (ct 1), hop on L ft (ct 2)
9	step on R ft (ct 1), hop on R ft (ct 2)
10	step on L ft in place (ct 1), hop on L ft in place (ct 2)

DANCE SEQUENCE

The different variations Part 1, 2 & 3 are alternated based on the direction of the *Horovodec* (leader of the line).

