

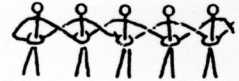
ČESTOTO -- Thrace

Spec.

Честото

BULG-

(Line dance for men, no partners)

Translation: The Common or Frequent dance.Rhythm: 6/8 (♩♩♩♩) counted 1-and-ah, 2-and-ah.Record: Folkraft LP-26, side B band 5 (2:20)--orchestra.Starting Position: Belt hold. Right foot free.

Music 6/8

Measure

VARIATION I -- Straight ("Pravo")

Facing center:

- 1 [♩.♩. STEP-CLOSE (right) forward (counts 1-2).
- 2 [♩. Step forward on right foot (count 1), pause (count 2).
- 3 [♩. Step forward on left foot, turning toe and body to face slightly right (count 1),
[♩. CHUG forward on left foot (count 2).
- 4 [♩.♩. Turning to face center, STEP-CLOSE (right) backward (counts 1-2).
- 5 [♩. Step backward on right foot (count 1), pause (count 2).
- 6 [♩. Step slightly sideward left on left foot (count 1), pause (count 2).

Note: See Pravo Trakijsko for more variations of the basic Pravo above.

VARIATION II -- Stamp ("Udari")

- 1 [♩. Raising right knee high, swing right foot up right and around left to stamp on right foot forward directly in front of left (count 1),
[♩. Stamp slightly forward on left foot so toes are about behind right heel (count 2),
[♩. Stamp right foot slightly forward, without taking weight (count "ah").
- 2 [♩. Stamp right foot forward again, taking weight (count 1), pause (count 2).
- 3-6 [♩. As I above.

VARIATION III -- Squat ("Zalegni")

- 1-4 As I above.
- 5 [♩. Step backward on right foot (count 1),
[♩. Pause (count 2), swinging left foot out high, counterclockwise, giving impetus for a large . . .
- 6 [♩. Jump, landing on both feet with left foot back, almost kneeling on left knee (count 1), pause (count 2).
- 7-12 Udari: Rise with weight on left foot and REPEAT pattern of Variation II measures 1-6

VARIATION IV -- Tapping ("Tropoli")

- 1 [♩. A slight leap on right foot in place (counts 1-and),
[♩. Tap ball of left foot slightly forward (count "ah"),
[♩. Hop on right foot in place (counts 2-and),
[♩. Tap left heel slightly forward (count "ah").
- 2 [♩. REPEAT pattern of measure 1 reversing direction and footwork.

.../...

Count

Čestoto, continued.

Note: In some regions of Thrace knees are lifted high during the tapping steps (Variation IV above). The tapping is always clear and the rhythm always precise. This Tropoli variation is used as a chorus for the following:

VARIATION V -- Left pump ("Levi hvŕli")

- 1 [d. d. STEP-HOP (right) forward, pumping left heel across in front of right on the hop (counts 1-2).
2 [d. d. HOP-STEP (right) backward (counts 1-2).

VARIATION VI -- Next step ("Zaredi")

- 1 [d. d. Two running steps (right, left) forward (counts 1-2).
2 [d. Turning to face slightly right, step sideward right on right foot (count 1),
[d. Close and step on left foot beside right (count "ah"),
[d. Step sideward right on right foot (count 2),
[d. Tap left heel slightly forward (count "ah").
3 [d. Turning to face center, step slightly forward on left foot (count 1),
[d. Tap right heel slightly forward (count 2),
4 [d. A large step diagonally forward right on right foot (count 1),
[d. Closing left foot to right, a low jump on both feet slightly apart (count 2).
5 [d. d. HOP-STEP (right) backward (counts 1-2).
6-7 Levi hvŕli: As V above measures 1-2.

VARIATION VII -- Devil's step ("Po čertami")

- 1 [d. Step forward on right foot (counts 1-and),
[d. Brush left heel forward (count "ah"),
[d. Step forward on left foot (counts 2-and),
[d. Brush right heel forward (count "ah").
2 [/. REPEAT pattern of measure 1.
3 [d. Turning to face slightly right, step on right foot in place, raising left knee (count 1),
[d. Pause (counts 2-and), tap left heel slightly forward (count "ah").
4 [/. REPEAT pattern of measure 3 reversing direction and footwork.
5-6 REPEAT pattern of measures 3-4.
7-10 As VI above, measures 4-7.

VARIATION VIII -- Pick it up lightly ("Leko digni")

- 1-2 As VI above.
3 [d. Turning to face center, step forward on left foot (counts 1-and),
[d. Brush right heel slightly forward (count "ah"),
[d. Step slightly forward on right foot bending right knee slightly, also pivoting hips slightly right and raising left knee slightly (count 2).
4 [/. REPEAT pattern of measure 3.
5 [d. Step diagonally forward left on left foot (count 1),
[d. Close and stamp right foot beside left without taking weight (count 2).
6-7 Levi hvŕli: As V above, measures 1-2.

.../...

Cont

Čestoto, continued.VARIATION IX -- Three right, three left ("Tri v djasno, tri v ljavo")

- 1 [d. Step sideward right on right foot (count 1),
[d. Cross and step on left foot in back of right (count 2).
2 [/. REPEAT pattern of measure 1.
3 [d. Step sideward right on right foot (count 1),
[d. Bending slightly forward, tap left heel slightly forward (count 2).
4-6 REPEAT pattern of measures 1-3, reversing direction and footwork.
7-8 Levi hvürli: As V above, measures 1-2.

VARIATION X -- Slap and squat ("Hlopka i kljakane")

- 1 [d. d. Two running steps (right, left) forward (counts 1-2).
2 [d. Click right foot sharply against left, straightening knees (count 1),
pause (count 2).
3 REPEAT pattern of measure 1.
4 [d. Slap right foot diagonally forward right, knee straight (count 1), pause
(count 2).
5 [d. Slap right foot again (count 1), pause (count 2).
6 [d. d. Slap right foot again, twice (counts 1-2).
7 [d. Slap right foot again (count 1), pause (count 2).
8 [d. Jump on both feet together and squat, knees together (count 1), pause
(count 2).
9 [d. Rise, straightening knees, and a slight jump on both feet together
(count 1), pause (count 2).

VARIATION XI -- ("Pušek")

- 1-2 As VI above.
3 [d. Turning to face slightly left, step on left foot in place, bending both
knees (count 1),
[d. Straightening left knee, stamp on right foot without taking weight (count 2).
4 [d. Bend knees, raising right foot sharply (count 1),
[d. Straightening left knee, stamp on right foot without taking weight (count 2).
5-6 Levi hvürli: As V above, measures 1-2.

Note: Čestoto is danced throughout Thrace with innumerable variations; those above are from the villages of Padarevo, Petrovo, and Gorno Aleksandrevo, in the Sliven district.

Cont

GLOSSARY

BOUNCE-BOUNCE (♩): With weight on balls of both feet and heels raised very slightly, lower heels twice (counts 1-and).

BRUSH: Move foot, touching floor briefly as though sweeping or brushing with a broom.

CHUG: Slide foot very slightly and suddenly, with heel raised very slightly then lowered at the end.

CLOSE: Bring one foot beside the other.

FLEX KNEE (♩): Bend knee slightly (count 1) then straighten it (count and).

HOP: Spring off the floor on one foot and land on the same foot, no transfer of weight.

HOP-STEP (RIGHT) (♩): With weight on right foot, hop on right foot (count 1), step on left foot (count 2). Repeat, reversing footwork, for Hop-Step (Left).

HOP-STEP-STEP (RIGHT) (♩): With weight on right foot, hop on right foot (count 1), step on left foot (count and), step on right foot (count 2). Repeat, reversing footwork, for Hop-Step-Step (Left).

JUMP: Spring off the floor and land on both feet.

LEAP or RUNNING STEP: Spring off the floor on one foot and land on the other, both feet off the floor at height of action (which distinguishes a leap from a simple walking step). There is a slight knee bend at beginning and end of action. A series of leaps (running steps) is a run.

LIFT: Hop, but not quite because ball of foot does not quite leave the floor.

PLEVEN TWO-STEP (RIGHT) FORWARD (♩): Step forward on right foot (count 1), step slightly forward on left foot so toes are about behind right heel (count and), step forward firmly on right foot, bending knee slightly (count 2). Repeat, reversing footwork, for Pleven Two-Step (Left).

PUMP HEEL (♩): Bend and raise knee slightly (count "ah" before count 1), straighten knee sharply, pushing or kicking heel down toward floor as though pumping a car brake (counts 1-and).

ROCK: Step, but with implication of reversing direction and returning to place on the next step (or rock).

RUNNING STEP (see Leap).

RUNNING TWO-STEP (see Two-Step).

SCISSORS STEP (RIGHT) (♩): A slight leap onto right foot in place, displacing left foot and moving it quickly forward with knee straight (count 1). Repeat, reversing footwork, for Scissors Step (Left).

SKIP or SKIPPING STEP (RIGHT) (♩. or ♩): A hop-step in an uneven rhythm: Hop on left foot (count "ah" before count 1), step on right foot (counts 1-and). Repeat, reversing footwork, for Skip or Skipping Step (Left).

SKIPPING REEL STEP (RIGHT) (♩): A hop-step in an uneven rhythm: Hop on left foot (count "ah" before count 1), cross and step on right foot in back of left (counts 1-and). Repeat, reversing footwork, for Skipping Reel Step (Left).

SLAP FOOT: Stamp foot forward, knee straight, without taking weight.

SLIDE: Move foot along floor, keeping contact with floor.

SQUAT: Bend knees deeply so as almost to sit on heels.

SQUAT-KICK (RIGHT) (♩): Jump and squat down on both feet, bending knees deeply (count 1), rise and hop on right foot, kicking left foot forward (count 2). Repeat, reversing footwork, for Squat-Kick Left.

Continued on page 7.

Glossary, continued from page 2.

STAMP: Step with emphasis, heavily.

STEP: A transfer of weight from one foot to the other.

STEP-CLOSE (RIGHT) (♩): Step on right foot (count 1), close and step on left foot beside right (count 2). Repeat, reversing footwork, for Step-Close (Left).

STEP-HOP (RIGHT) (♩): Step on right foot (count 1), hop on right foot (count 2). Repeat, reversing footwork, for Step-Hop (Left).

TAP: Touch lightly, without taking weight, and immediately raise.

TOUCH: Place foot without taking weight.

TWO-STEP (RIGHT) (♩): Step on right foot (count 1), close and step on left foot beside right (count and), step on right foot (count 2). Repeat, reversing footwork, for Two-Step (Left).

Running Two-Step: same except a slight leap on count 1, or on all counts.

PRONUNCIATION

Bulgarian is written in a Cyrillic alphabet similar to Russian. In these dance descriptions (a) titles, and some descriptive words in the text, have been transliterated according to the international standard table for transliterating Slavic alphabets, (b) the stressed syllable has been underlined to aid pronunciation. Except for the "u" sound, all letters are like the Serbian Latin alphabet with which many folk dancers may be familiar already.