

Chetvorno Horo

(Shope Region, Western Bulgaria)

Source: This dance form is found in the Shope region of western Bulgaria. The step patterns included in this description include motifs from a number of sources. These include motifs used by the "Bistrica Babi" (the Bistrica grandmothers) in their song-dances, motifs presented by Dick Crum in "Razvrushtanata" (a Chetvorno variant), and from various village groups performing at the 1981 Koprivshitsa festival.

Pronunciation: chet-VOR-no ho_ro

Formation: Mixed lines of men and women holding onto neighbors belt or sash facing slightly R.

Rhythm: 7/8

$$\begin{array}{ccc} \underline{S} & Q & Q \\ (3/16 + 2/16 + 2/16) \\ \underline{1} & 2 & 3 \end{array}$$

Record: Mendocino Folklore Camp 2004 – Larry Weiner Balkan Dance CD or any other Chetvorno Horo

Meas.	Ct.	Most Basic Pattern - Figure I - Facing slightly R and moving CCW.
1	<u>1</u>	Moving CCW, Step fwd onto RF.
	2-3	Moving CCW, Step fwd onto LF.
2		Repeat Pattern Meas. 1, this Figure.
3	<u>1</u>	Turning to face center, step diagonally backwards to R onto RF.
	2-3	Bring free LF back next to RF. (Weight stays on RF).
4	<u>1</u>	Facing center, step diagonally backwards to L onto LF.
	2-3	Bring free RF back next to LF. (Weight stays on LF).
5	<u>1</u>	Turning to face center, step diagonally backwards to R onto RF.
	2-3	Bring free LF back next to RF. (Weight stays on RF).
6-10		Repeat patterns Meas 1-5, this figure, with opposite footwork and moving CW.

NOTE: In this pattern there is lots of opportunity to substitute steps that have greater (or lesser) energy depending upon the mood of the dancer. For example Meas. 1, 2 could be danced as:

1	<u>1</u>	Moving CCW, Step fwd onto RF.
	2	Moving CCW, Hop on RF.
	3	Moving CCW, Step fwd onto LF.

Or Meas 1&2 and 3&4 (with opposite footwork and direction) - "Threes"

"Threes"

1	<u>1</u>	Facing center, but moving CCW, Step sideways to R onto RF (R-Knee slightly bent).
	2	Facing center, but moving CCW, cross and step onto LF slightly in front of RF.
	3	Facing center, but moving CCW, Step sideways to R onto RF.
2	<u>1</u>	Facing center, but moving CCW, cross and step onto LF slightly in front of RF.

- 2 Facing center, but moving CCW, Step slightly sideways to R onto RF
- 3 Facing center, but moving CCW, cross and step onto LF slightly in front of RF.

Or Meas 1&2 and 3&4 (with opposite footwork and moving CW) - "Ankle Hits"

"Ankle Hits"

- 1
 - 1 Facing and moving CCW, wt on LF, Strike R-Ankle against L-Ankle
 - 2 Facing and moving CCW, Hop on LF.
 - 3 Moving CCW, Step fwd onto RF.
- 2
 - 1 Facing and moving CCW, wt on RF, Strike L-Ankle against R-Ankle
 - 2 Facing and moving CCW, Hop on RF.
 - 3 Moving CCW, Step fwd onto LF.

Or **most** characteristically in Chetvorno is the use of the "Sovalka" pattern in Meas 3, 4, 5 & 8, 9, 10 (with opposite footwork) as follows:

"Sovalka" (facing center) (kind of a backwards pas-de-basque)

- 3
 - 1 With weight on LF, simultaneously turning on ball of LF (from L to R) step backwards onto flat RF.
 - 2 Step slightly sideways to L onto LF (L-Knee not bent).
 - 3 Step slightly fwd onto RF in front of LF (R-Knee not bent).
- 4
 - 1 With weight on RF, simultaneously turning on ball of RF (from R to L) step backwards onto flat LF.
 - 2 Step slightly sideways to R onto RF (R-Knee not bent).
 - 3 Step slightly fwd onto LF in front of RF (L-Knee not bent).
- 5
 - 1 With weight on LF, simultaneously turning on ball of LF (from L to R) step backwards onto flat RF.
 - 2 Step slightly sideways to L onto LF (L-Knee not bent).
 - 3 Step slightly fwd onto RF in front of LF (R-Knee not bent).

One of the other common elements in the dance are kicks (or combinations of kicks) which can be done in combination with or in place of the "Sovalka" step(s). A typical kick step pattern would be:

"Kicks" (facing center with wt on LF)

- 3
 - 1 With weight on LF, and bending fwd at waist, kick RF fwd to center (like slamming on the brakes of your car with your RF).
 - 2 Straightening body, step slightly sideways to R onto RF (R-Knee not bent).
 - 3 Step slightly fwd onto LF in front of RF (L-Knee not bent).
- 4
 - 1 ("Sovalka" Step pattern) With weight on LF, simultaneously turning on ball of LF (from L to R) step backwards onto flat RF.
 - 2 Step slightly sideways to L onto LF (L-Knee not bent).
 - 3 Step slightly fwd onto RF in front of LF (R-Knee not bent).
- 5
 - 1 With weight on RF, and bending fwd at waist, kick LF fwd to center (like slamming on the brakes of your car with your LF).
 - 2 Straightening body, step slightly sideways to L onto LF (L-Knee not bent).
 - 3 Step slightly fwd onto RF in front of LF (R-Knee not bent).