

Četvorno Šopsko Horo - Bulgaria

Introduced by Yves Moreau

Line dance, arms in belt hold, meter 7/8 counted as SQQ

Note: The first four measures of Part II are used as the first four measures of parts III-V. They will be referred to as "Starting Phrase"

Measure Count Step

Part I

- | | | |
|-----|-----|--|
| 1 | SQQ | Facing LOD step forward on R foot (S), touch ball of L foot in front of R foot (Q), transfer weight onto L foot (Q) |
| 2-3 | | Repeat measure 1 two times |
| 4 | SQQ | Step on R foot forward, while turning to face center (S), bounce on R foot while lifting L knee forward (Q), stamp L foot next to R foot (no weight) Q |
| 5-8 | | Repeat measures 1-4 with opposite footwork and direction |

Part II

- | | | |
|-----|-----|--|
| 1-3 | | Repeat Part I, measures 1-3 |
| 4 | SQQ | Turning to face center, step on R foot in place while keeping weight on ball of L foot and turning left heel in (twizzle step) (S), step on L foot in place (Q), step on R foot behind L foot (Q) |
| 5 | SQQ | Step on L foot (S), bounce on L foot while lifting R knee forward (Q) touch R foot next to L foot (no weight) |
| 6 | SQQ | Step on R foot next to L foot (S), bounce on R foot while lifting L knee forward (Q), step on L foot next to R foot while kicking R leg forward with straight knee (Q) |
| 7 | SQQ | step on R foot next to L foot while kicking L leg forward with straight knee (S), step on L foot next to R foot while kicking R leg forward with straight knee (Q), step on R foot next to L foot while kicking L leg forward with straight knee (Q) |
| 8 | SQQ | Step on L foot next to R foot (S), bounce on L foot while lifting R knee forward(Q), stamp R foot next to left foot (Q) |

Part III

- | | | |
|-----|-----|--|
| 1-4 | | Starting phrase |
| 5 | SQQ | Step on L foot to L (S), bounce on L foot (Q), step on R foot across L foot (Q) |
| 6 | SQQ | Step on L foot in place (S), step on R foot to R (Q), step on L foot behind R foot (Q) |

Continued...

- 7 SQQ Step on R foot to R (S), step on L foot across R foot (Q), step on R foot in place (Q)
- 8 SQQ Step on L foot next to R foot (S), bounce on L foot while lifting R knee forward (Q), stamp R foot next to left foot (Q)

Part IV

- 1-4 Starting phrase
- 5 SQQ Step on L foot to L while turning slightly to the L lifting R knee in front of L thigh (S), bring R knee in a sharp arc towards the R while leaping on to the R foot. End up facing center (Q) step on L foot next to R foot (Q)
- 6 SQQ Step on R foot in place (S), bounce on R foot while lifting left knee forward (Q), step on L foot backward (Q)
- 7 SQQ Step on R foot in place (S), bounce on R foot while lifting left knee forward (Q), touch L foot next to R foot (Q)
- 8 SQQ Step on L foot next to R foot (S), bounce on L foot while lifting R knee forward (Q), stamp R foot next to left foot (Q)

Part V

- 1-4 Starting phrase
- 5 SQQ Step on L foot next to R foot (S), bounce on L foot, extending R leg diagonally to R (Q), touch R heel in place (Q)
- 6 SQQ Touch R heel forward (S), Step on R foot forward while extending L leg diagonally to L (Q), touch L heel in place (Q)
- 7 SQQ Touch L heel forward (S) Step on L foot forward, lifting R foot slightly in back (QQ)
- 8 SQQ Step on R foot backward (S), close L foot to R foot and bounce (Q) bounce (Q)

In many groups, the dance starts with the singing, and each step is done three times the first time through the dance and two times the second time through. However, this is a leader called dance, and the leader **does not** have any obligation to follow this choreography.

A video of Yves Moreau demonstrating this dance and a cassette of the music are available from Bourque-Moreau Productions (Bulgarian Folk Dances - Volume 2)

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