



DIMITROVSKO HORO - TROJČE  
(Димитровско Хоро - Тройче)

Bulgaria

- ORIGIN : Girl's dance from the ethnographical region of Šopluk, Western Bulgaria. This dance is an excellent example of the style and characteristics of the Šop region. The dance has two parts, the first part is slow and consists of the typical  Graovo rhythm. It also is the introduction for the faster, vivid second part which is of the *Sitno Šopsko* type (small stepped Šop dance).
- MUSIC : Cassette JL/YM 1988.03
- METER : 2/4 
- STYLE : "Šopski": small energetic steps. The upper part of the body moves slightly fwd in coordination with the lifting of the knees. Keep the shoulders relaxed so that they bounce naturally on the rhythm of the steps. The Bulgarians call this "natrissané".
- SOURCE : Jaap Leegwater learned this dance from Maria Eftimova at the *Choreografski Učilište* (choreographer's school) in Sofia, Bulgaria in 1969-70.
- FORMATION : Long line or half circle. Hands at belt hold position, L over.

INTRODUCTION: 16 measures

**Slow Part**

<u>MEAS</u>	<u>PATTERN</u>	<u>"Introduction"</u>
1-2	facing and moving LOD, four walking steps, R,L,R,L	
3	small lift on L ft immediately followed by a step on R ft, slightly bending both knees	
4	small lift on R ft, immediately followed by a step on L ft, slightly bending both knees	
5-6	repeat action of meas 1-2	
7	small step on R ft (ct 1), small step on L ft (ct &) big step on R ft (ct 2)	
8	small step on L ft (ct 1) small step on R ft (ct &) big step on L ft (ct 2)	
9-10	repeat action of meas 3-4	
11-12	repeat action of meas 1-2	
13-14	repeat action of meas 7-8	
15-16	repeat action of meas 3-4	
17-144	repeat action of meas 1-16, eight more times	

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**Fast Part**

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1 "Nabivané"</u>
1-2		facing ctr, dancing in place, two "šopska" steps
3		leap onto R ft sdwd R (ct 1), leap onto L ft across behind R ft (ct 2)
4		facing and moving twd ctr, leap onto R ft (ct 1), leap onto L ft (ct 2)
5		hop on L ft, swinging R heel across in front of R leg (ct 1) step on R ft (ct 2)
6		repeat action of meas 5 with opp ftwk
7		facing ctr, dancing in place, leap onto R ft, lifting L knee in front (ct 1), strike L heel next to R toes (ct 2)
8-9		facing ctr, moving bkwd, four running steps L,R,L,R
10		leap onto both ft together in place (ct 1) hop on L ft, lifting R knee in front (ct 2)
11-20		repeat action of meas 1-10

Part 2 "Trojna Nabivané"

1-7	repeat action of meas 1-7 of Part 1
8	repeat action of meas 7 with opp ftwk
9	repeat action of meas 8
10-12	repeat action of meas 8-10 of Part 1
13-24	repeat action of meas 1-2

Part 3

1-4	repeat action of meas 1-4 of Part 1
5	facing ctr, dancing in place, hop on L ft, lifting R leg straight up pointing diag R (ct 1), swing R leg by bending R knee across in front of L leg, ball of R ft touches the floor momentarily (ct 2)
6	leap onto R ft, lifting L ft behind (ct 1) extend L ft fwd (ct 2)
7	hop on R ft, swinging L ft in horizontal arc bkwd (ct 1) step on L ft behind R ft (ct 2)
8	facing ctr, moving sdwd R, step on R ft (ct 1), step on L ft in front of R ft (ct 2)
9-12	repeat action of meas 5-8
13-18	repeat meas 5-8 of Part 1
19-36	repeat action of meas 1-18

Part 4

1-12	repeat action of meas 1-12 of Part 3
13-20	repeat action of meas 5-12 of Part 2
21-40	repeat action of meas 1-20

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<u>MEAS</u>	<u>PATTERN</u>	<u>Part 5</u>
1-4	repeat action of meas 1-4 of Part 1	
5	turning to face diag L, close R ft with a sharp click against L ft "hlopka" (ct 1), take wt off R ft (ct &), big step on R ft in front L ft (ct 2)	
6	repeat action of meas 5 with opp ftwk	
7-10	repeat action of meas 7-10 of Part 1	
11-20	repeat action of meas 1-10	

Description by Jaap Leegwater © 1988