

GRAOVSKO
Bulgaria

This is one of the most characteristic dance rhythms of the Sop ethnographical region.

This version of Graovsko was taught by Ivan Donkov at Jaap Leegwater's 2nd Annual Summer Dance Seminar in Bulgaria 1982.

TRANSLATION: A dance from the Graovo district in western Šopluk.

RECORD: "Nišava", LP NIS1212, Side I, Band 2; or
"Bulgarian Folk Dances", by Jaap Leegwater, Nevofoon LP 15025, Side I, Band 2; or
any other Graovsko Horo.

FORMATION: Open or half circles. Join in belt hold (L over R) (Za pojas or Na jolan).

STYLE: Sopski
Small energetic steps. The upper part of the body moves slightly fwd in coordination with the lifting of the knees. Keep the shldr's relaxed so they can bounce with the rhythm of the steps. The Bulgarians call this "natrisane."

RHYTHM: The typical  Graovo rhythm is clearly to be recognized in the accompaniment of the music and reflected in the light, bouncy and almost "witty" performing style of the Graovo dancer.

Another typical Šop feature in this dance is the 10 meas dance phrase of the basic pattern, often performed to a 8 meas musical phrase. This we also find in other dances of Šopluk, like Šelsko Šopsko Horo, Za Pojas and Kjustendilska Račenica.

The tempo of Graovsko Horo is moderate and somewhat slower than dances from other parts of the area. It is done as a separate dance and sometimes also as an introduction to the small stepped and faster Sitno Šopsko Horo.

STEPS: The difference figures are called by the leader.

Meas. Sopska:
1 R knee is up, L knee slightly bent (ct &);
touch ball of R ft beside L toes, straightening both knees (ct 1);
lift R knee in front, slightly bending L knee (ct &);
low leap R across L, lift L knee (ct 2).
N.B. This step is called Sopska R;
when starting with L ft, Sopska L.

Zaluša:

- 1 R knee is up, L knee slightly bent (ct &);
touch ball of R beside L toes, straightening both
knees (ct 1);
lift R knee in front, bend L knee slightly
low leap on R across L, lift L knee (ct 2).
Note: Lean slightly L, look R across shldr (ct 1).
N.B. This step is called Zalusa R;
when starting with L ft, Zalusa L.

Nošica (Scissors):

- 1 Bend both knees slightly (ct &);
small leap on R, extending R toe along floor (ct 1);
repeat ct 1 with opp ftwk (ct &);
repeat ct 1 (ct 2).
N.B. This step is called Nosica RLR;
when starting with the L, Nosica LRL.

Graovka:

- 1 Low hop or čukče on L (ct 1);
step R-L (ct &, 2)
N.B. This step is called Graovka L;
when starting with R ft, Graovka R.

METER: 2/4

PATTERN

Meas.

INTRODUCTION: 20 meas

PART 1: BASIC

- 1-2 Do 2 Graovka's L, slightly diag R bkwd in LOD.
3-4 Do 2 Sopska's, R & L in LOD.
5 Turning body to face ctr,
step R sdwd R (ct 1);
hop on R as L is lifted in front (ct 2).
6 Still facing ctr and moving sdwd L,
hop on R (ct 1);
step on L (ct &);
step R across L (ct 2).
7 Hop on R (ct 1);
step on L (ct &);
step R behind L (ct 2).
8a Jump on both ft (tog) in place (ct 1);
hop on L as R swing diag R bkwd (ct 2);
9a Zaluša R.
10a Zaluša L.

OR

8b Jump on both ft (tog) in place (ct 1);
hop on L as R swings diag R bkwd (ct 2); swing R leg
through sdwd R to the front (ct &).

9b Touch floor with ball of R ft in front (ct 1);
lift R off floor (ct &).
step on R in front of L (ct 2).

10b Zaluša L.

N.B. The "b" marked meas are a variation on the "a"
marked ones.

PART 2: NOŠICI

1-10 Repeat meas 1-10 of Part 1.

11-12 Do 2 Nosica's in place, RLR & LRL.

13 Facing and moving twd ctr,
large leap onto R (ct 1);
step on L (ct 2).

14-15 Do 2 Zaluša's, R & L.

PART 3: TWIST

1-7 Repeat meas 1-7 of Part 1.

8 Step L sdwd L (ct 1);
lift R knee high across L knee, bend body fwd from waist
over R knee (ct 2).

9 Facing and moving twd ctr,
leap on R, lift L knee across L knee, bend body over L
knee (ct 1);
repeat ct 1 with opp ftwk (ct 2).

10 Repeat meas 9.

11-12 Do 2 Zaluša's, R & L.

Presented by Jaap Leegwater
UCSB Statewide 1985

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