

KOSTENSKO HORO

(Bulgaria)

- Source:** Kostensko Horo is described in Bulgarian Folk Dances by Raina Katzarova-Kukudova and Kiril Djenev, published in Sofia, 1958.
- Record:** XOPO LP-II, Paidushko (Side 2, band 5.)
- Formation and notes:** Kostensko Horo is a type of Paidushko Horo danced in many villages of central and western North-Bulgaria. It is a mixed Horo danced in an open circle. The hand-hold is na-lesa, hands on neighbors belts. Often Kostensko Horo is done in small groups of girls or young men who form straight lines and hold each other na-lesa at the back, that is, with a back-basket hold. The dance consists of one figure which is danced "on the spot".
- Rhythm:** This dance is in the typical Paidushko rhythm of 5/16, which is counted as: 2/16 (quick) and 3/16 (slow). This may be thought of as an accented two-beat with the second beat of each measure receiving the accent.

Meas.		Pattern
1	ct. 1 (2/16)	R ft steps across L ft.
	ct. 2 (3/16)	L ft steps in place.
2	ct. 1 (2/16)	R ft steps in back beside L ft.
	ct. 2 (3/16)	L ft steps in place.
3		Repeat Measure #1.
4	ct. 1 (2/16)	Hop on L ft, lifting R leg high, knee bent.
	ct. 2 (3/16)	Step with R ft beside L ft.
5	ct. 1 (2/16)	L ft steps across R ft.
	ct. 2 (3/16)	R ft steps in place.
6	ct. 1 (2/16)	Hop on R ft, lifting L leg high, knee bent.
	ct. 2 (3/16)	Step with L ft beside R ft.
7		Repeat Measure #1.
8		Repeat Measure #4.
9	ct. 1 (2/16)	Hop on R ft, lifting L leg high, knee bent.
	ct. 2 (3/16)	Step on L ft beside R ft, and kick R ft slightly fwd in preparation for the next step.
10	ct. 1 (2/16)	Step with R ft in place, kicking L ft fwd.
	ct. 2 (3/16)	Step with L ft in place, kicking R ft fwd.
11		Repeat Measure #10.
12 & 13		Repeat Measures #8 and #9.
14 & 15		Repeat Measures #10 and 11.