

Malisevsko Horo

(Bulgaria - Pirin)

Pronunciation: mah-lee-SHEFF-skoh ho-ROH

Source: Dance is from Pirin (Macedonian) region of Bulgaria. Forms of this dance are also done in Yugoslav Macedonia. Dance was learned from François Legault of Montreal who learned it in Plovdiv, Bulgaria from D. Šismanov in 1976.

Music: FL-1, Side B, band 2 Meter: 2/4

Starting Pos: M & W in open circles. Hands joined down at sides. W on L.

MEASURE

PATTERN

BASIC STEP (3x)

- 1 Two small running steps, facing slightly R of ctr starting with R ft (1-2)
- 2 Three small running steps in same direction (R-L-R) (cts 1&2)
- 3 Same as meas. 2 but starting with L ft
- 4 Facing ctr, small jump onto both feet together (1) leap up onto R ft, simultaneously lifting L ft and crossing it slightly in front of R (2)
- 5 Still facing ctr, one large step sideways L (1) still facing ctr, step onto R ft directly behind L ft (2)
- 6 Still facing ctr, small step onto L ft to L (1) bring R ft alongside L and in a circular motion, leg straight, point R leg fwd and face R of ctr to starting pos (2)

7-18 Repeat basic step two more times

VARIATION I (JUMP & TURN) (2x)

- 1-4 Repeat pattern of meas 1-4 of basic step
- 5 Turning to face L of ctr, two running steps beg. with L ft (1-2)
- 6 Small and sharp jump onto both feet with slight knee bend (1) Leap up onto L ft, picking up R ft behind (2)
- 7-8 Describing a small circular movement CW do two sets of "threes" running-steps RLR-LRL
- 9-16 Repeat entire variation one more time

Cont

MALISHEVSKO HORO (Bulgaria) CONT'D

MEASURE

PATTERN

VARIATION II (Jump & Pause) (2X)

- 1-4 Repeat pattern of meas 1-4, basic step
- 5 Facing ctr, step sideways L onto L (1) Step on R behind L (2)
- 6 Facing ctr, step sideways L onto L (1) step on R in front of L (2)
- 7 Facing ctr, small jump onto both feet, knees slightly bent (1)
Pause (2)
- 8 Small jump onto both feet slightly apart (1) leap up onto
L ft, simultaneously raising R ft up and crossed in front
of L (2)

9-16

Repeat variation one more time

Sequence of dance:

BASIC STEP THREE TIMES
VARIATION ONE TWICE
BASIC STEP THREE TIMES
VARIATION TWO TWICE Etc.

Description by Yves Moreau

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