

PERNIŠKO HORO

f. 172

- TRANSLATION : This dance, a *Šopsko Horo* (dance from the ethnographic region of *Šopluk*), is named after the town of Pernik, Western Bulgaria.
- MUSIC : Record "Folk Dances from Bulgaria"
Balkanton BHA 10441. Side II. Band 4.
- STYLE : *Šopski*;
- small enegetic steps
- the upper part of the body moves slightly fwd in co-ordination with the lifting of the knees
- keep the shoulders relaxed so they can bounce with the rhythm of the steps, the Bulgarians call this *Natrisanē*
- BASIC STEP : *Šopska R & L*
This step can be replaced by a easier small three-step RLR and LRL
- FORMATION : Open circle
Hands belt-hold (*na pojas* or *za pojas*)
- METER : 2/4
- INTRODUCTION : 32 measures

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1	facing CCW, step on R ft (ct 1), hop on R ft (ct 2)	
2	step on L ft fwd (ct 1), hop on L ft (ct 2)	
3	turning to face ctr, step on R ft sdwd (ct 1), step on L ft across behind R (ct 2)	
4	small leap on both ft together in place (ct 1), hop on R ft, lifting L knee in front	
5	touch L ft beside R toes (ct 1) lift L knee, slightly bending R knee (ct &), low leap onto L ft beside R, lifting R knee in front (ct 2)	} ŠOPSKA L
6	repeat action of meas 5 with opp ftwk	
7	step on L ft sdwd L (ct 1), step on R ft across behind L (ct 2)	} ŠOPSKA R
8	step on L ft sdwd L (ct 1), hop on L ft in place, turning CCW (ct 2)	
9-32	repeat action of meas 1-8 three more times	

(continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 2a</u>
1-4	facing ctr, four Šopska-steps R,L,R,L in place	
5	hop on L ft fwd, extending R leg fwd and touching R heel in front, bend body slightly fwd (ct 1), step on R ft fwd (ct 2)	
6	repeat action of meas 5 with opp ftwk	
7	leap onto R ft, lifting bottom half of L leg across behind R (ct 1), touch L toes diag R across behind R, looking across R shoulder (ct 2)	
8	low leap onto L ft, swinging R leg straight fwd in front (ct 1), slap R ft in front, R leg straight, bending body slightly fwd (ct 2)	
9	moving bkwd, leap onto R ft and lift L knee in front, straightening the body (ct 1) leap onto L ft, lifting R knee in front	
10-12	repeat action of meas 9 three more times	
13-14	two Šopska-steps R&L in place	
15	low leap onto R ft in place, swinging L leg straight fwd in front (ct 1), slap L ft in front, L leg straight, bending body slightly fwd (ct 2)	
16	repeat action of meas 15 with opp ftwk	
17-32	repeat action of meas 1-16	

Part 2b

1-6	repeat action of meas 1-6 of Part 2a	
7	leap onto R ft, swinging L leg close to the floor diag L bkwd with a straight knee (ct 1) hop on R ft, swinging L leg across in front of R with a straight knee (ct 2)	
8-9	repeat action of meas 9 of Part 2a with opp ftwk two times	
10	leap onto L ft in place, extending R leg diag R in front at waist level (ct 1), hold (ct 2)	
11	bend R knee (ct 1), hold (ct 2)	
12	kick R ft diag R downwards (ct 1), kick R ft diag L downwards across L (ct 2)	
13	small step on R ft across L, turning diag L (ct 1), small step on L ft in place (ct &), step on R ft in front of L, bending R knee (ct 2)	
14	step on L ft next to R ft, turning face ctr (ct 1) step on R ft in place (ct &), big step on L ft across and in front of R	
15	moving straight bkwd, hop on L ft (ct 1), step on R ft (ct &), step on L ft (ct 2)	} GRAOVKA
16	repeat action of meas 15	
17-32	repeat action of meas 1-16	

SEQUENCE OF THE DANCE

introduction - 1 - 2a - 1 - 2b - 1 - 2a etc.