

PERNISHKO HORO

rice dance

This dance, presented by Marcus Moskoff, is from the repertoire of the Shopski Folklore Ensemble of Sofia, Bulgaria.

Record: "M. Moskoff Introduces Song and Dance of Bulgaria" Vol. I "Pernishko Horo"
Music: 2/4 (one and two and)
Formation: Lines with hands joined down at sides.

MEAS. PATTERN "INTERLUDE"

- 1 Facing and moving R(LOD), touch ball of R ft. fwd. (ct. 1), hop on L ft. lifting R ft. in plc. (ct. and), step on R ft. fwd. (ct. 2)
- 2 Touch ball of L ft. fwd. (ct. 1), hop on R ft., lifting L ft. in plc. (ct. and), step on L ft. fwd. (ct. 2)
- 3 Hop on L ft. while pumping R ft. up in front of L (ct. 1), repeat action of ct. 1 (ct. 2)
- 4 Facing ctr. step to R on R ft. (ct. 1), hop on R ft. while lifting L ft. across R leg, (ct. 2)
- 5 Step to L on L ft. (ct. 1), hop on L ft., lifting R ft., in plc. (ct. and), cross and step on R ft. in front of L ft (ct. 2)
- 6 Hop on R ft., lifting L ft. fwd (ct. 1), dance two scissors steps in plc. (L,R) (ct. 2, "and")
- 7 Leap onto L ft. while immediately lifting R ft. up with thigh parallel to floor (ct. 1). Pause for ct. 2.
- 8 Turning to face R LOD, hop on L ft. (ct. 1). Step bkwd. on R ft. (ct. and), step on L ft. in plc. (ct. 2)
(Repeat Meas. 1-8 once again)

PATTERN "BASIC WALK"

- 1 Facing and moving R(LOD), walk two steps fwd. (R,L) (ct. 1,2).
- 2 Facing ctr., step to R on R ft. (ct. 1), step on L ft. next to R ft. (ct. 2)
- 3 Step to L on L ft. (ct. 1), step on R ft. next to L ft. (ct. 2)
- 4 Leap on R ft. to R, while swinging L ft. in front of R leg with straight knee (ct. 1), leap on L ft. to L, while swinging R ft. in front of L leg with straight knee (ct. 2)
- 5 Hop on L ft. while pivoting body to R and swinging R ft. back (ct. 1), step on R ft. behind L ft. (ct. and), step on L ft. in plc. (ct. 2)
- 6 Hop on L ft. in plc. while lifting R ft. (ct. 1), leap on R ft. fwd (ct. 2)
- 7-8 Repeat action of meas. 7-8 of Pattern "Interlude"
- 9-10 Repeat action of meas. 1-2 of Pattern "Interlude"
- 11-18 Repeat action of meas 1-8 of Pattern "Basic Walk"

can do small leap to get to 1st walk step from "interlude" step

Presented by Marcus Holt Moskoff