PRAVO TRAKIJSKO HORO

TRANSLATION : *Pravo Horo* ("straight line dance") from the etnographical
region of *Trakija* (Thrace), Bulgaria.

BACKGROUND : The *Pravo Horo* is the most wide spread and popular folk dance
throughout Bulgaria.
Every region and every village has its own version of it,
reflecting the characteristics of the local dance style
and musical traditions.

The patterns described here are good examples of some of the
most popular variations of *Pravo Trakijsko Horo*. It also
demonstrates the almost lyrical and "down-to-earth" quality
of the Thracian or *Trakijski* dance style.

MUSIC : Cassette "BULGARIAN VILLAGE DANCES" - JL1986.01
by Jaap Leegwater. Side B # 22.

Cassette "PAN BULGARIAN FOLK DANCES" - JL1987.02
by Jaap Leegwater. Side A # 2.

METER : 6/8   or 2/4

1 & 2 &

The dance is notated here in 2/4 beat.

STYLE : *Trakijski* - slight knee bent position
           - steps are mainly done on the whole ft
           - most movements are directed tw the ground

FORMATION : Open or half circle.
Hand at belt hold position, L arm over.

INTRODUCTION : 8 or 16 measures

The first dancer or leader of the line (*Horovodec*) usually
determines sequence and duration of the different variations.

MEAS	PATTERN	Part 1 *Trakijka*
1	facing and moving diag R twd ctr, step on R ft (ct 1), step on L ft (ct 2),	
2	step on R ft bending R knee (ct 1), lift on R ft (ct 2),	
3	step on L ft bending L knee (ct 1), lift on L ft (ct 2)	
4-5	repeat action of meas 1-3 moving diag R bkwd	

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MEAS	PATTERN	Part 2 *Pružinka*

1   facing and moving diag R fwd,
step on R ft (ct 1),
step on L ft ct 2)

2   step on R ft bending R knee (ct 1),
lift on R ft bringing L knee across in front (ct 2)

3   step on L ft in front of R ft (ct 1),
small step on R ftsdwd R in the 2-nd position, bending both knees (ct 2)

4   facing ctr, moving bkwd, hold (ct 1)
lift on R ft and take L ft off the floor (ct &),
step on L ft (ct 2)

5   step on R ft bending R knee (ct 1),
lift on R ft and take L ft off the floor (ct 2)

6   step on L ft bending L knee (ct 1),
lift on L ft and take R ft off the floor (ct 2)

Part 3 *Dobrinka Na Pred*

1   facing and moving diag R twd ctr, lift R knee in front (ct &),
stamp on R ft (ct 1),
"fall" back onto L ft next to R ft, taking R ft off the floor (ct 2),
scuff R ft fwd (ct &)

2-6   repeat action of meas 2-6 of Part 1 or Part 2

Part 4 *Dobrinka vâv Strani*

1   facing ctr and moving sdwd L, lift R knee in front (ct &),
stamp on R ft across in front of L ft in a kind of 4th-position (ct 1),
step on L ft sdwd L (ct 2),
scuff R ft across in front of L ft (ct &)

2   step on R ft across in front of L ft (ct 1),
lift on R ft, taking L ft off the floor (ct 2)

3   step on L ft sdwd (ct 1),
small step on R ft sdwd in 2nd-position, bending both knees (ct 2)

4-6   repeat action of meas 4-6 of Part 2

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MEAS	PATTERN	Part 5 *Skok* ("Jump")

1   repeat action of meas 1 of Part 1 or Part 2

2   turning body face between diag R and R,
step on R ft bending R knee (ct 1),
throw L leg straight up in front (ct 2)

3   still facing between diag and R,
chuck on both ft together bkwd (ct 1),
low leap on both ft fwd bending both knees (ct 2)

4-6   repeat action of meas 4-6 of Part 2

Part 6 *Dvojna* ("Double")

1-3   repeat action of meas 1-3 of Part 5

4   repeat action of meas 3 of Part 5 now facing ctr

5-7   repeat action of meas 4-6 of Part 2

Part 7 *Drobinkov Hod* ("Scuff-Steps")

1   facing and moving twd ctr, scuff R ft fwd (ct &),
step on R ft (ct 1), scuff L ft fwd (ct &),
step on L ft (ct 2), scull R ft fwd (ct &)

2   step on R ft diag R fwd (ct 1),
step on L ft across behind L ft (ct &),
step on R ft fwd (ct 2)

3   repeat action of meas 2 with opp ftwk & directions

4   step on R ft fwd (ct 1),
low jump on both ft together in place (ct 2)

5-7   repeat action of meas 4-6 of Part 2

Part 8 *Prisitvane* ("Flat Three-Step")

1   facing and moving diag R twd ctr,
step on R ft (ct 1),
step on L ft (ct 2)

2   step on R ft (ct 1), step on L ft (ct &), step on R ft (ct &)

3   repeat action of meas 2 with opp ftwk

4-6   repeat action of meas 1-3 moving diag R bkwd

    Note: This pattern can also be performed facing ctr and moving in
directions of an "ellipse", starting diag L - diag R fwd and
finishing diag R - diag L bkwd

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