

Presented by Dick Crum

SITNO ŠOPSKO HORO  
(Bulgarian)

Alternate names: Za Pojas, Sitno Horo, Sitno Můžko Horo, Graovsko Horo, etc.

These two figures are from the GRAOVO area, in the style of VELKOVCI village. "Lesa"- belt hold.

RECORD: Any 2/4 Sopsko horo XOP0 X-LP-4 SIDE 1, BAND 1

MUSIC: 2/4

PATTERN

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- | Meas | FIG I:  |
|------|---|
| 1    | "Graovka" <u>steps backing up</u> : (Facing slightly L) bounce on balls of feet together. <u>Knees are slightly flexed</u> . (ct 1) repeat bounce of ct 1, freeing L ft at the last moment in preparation for ct 2 (Ct &), small step bwd on ball of L ft(ct2)                              |
| 2    | Repeat meas 1   |
| 3    | "Skimming" <u>steps to R</u> : (Having turned to face a point just slightly R of ctr) side-step R with R ft (ball of ft, knees still slightly flexed) (ct 1) step L across in front of R, but try not to step beyond R ft (ct &), (This is a very light step), side step R with R ft (ct 2) |
| 4    | Step L ft across in front of R (ct 1) step R sideways with R (ct &), step L ft across in front of R (ct 2)  |
| 5    | "Step-hop in place": (Facing ctr) with a brief hitch-hop, on L (actually end of previous meas), step R sideways R (ct 1) hop in place on R and swing L across in front of R leg (ct 2)  |
| 6    | "Grapevine to L": bounce on <u>balls</u> of both ft slightly apart (ct 1) bounce again as in ct 1, releasing R ft at the last moment in preparation for ct 2 (ct &), step R ft in front of L or fwd almost crossing. (In this version the R does <u>not</u> cross beyond the L ft!) (ct 2)  |
| 7    | Step L ft sideways L, taking wt on both ft (balls, knees slightly flexed) (ct 1) bounce again as in ct 1, meas 6, releasing R ft at the last moment in preparation for ct 2, (ct &) step diag bkwd L with R ft (in this version, R ft does <u>not</u> cross behind)(2)                      |
| 8    | "Step-hop in place": Still facing ctr, with a brief preliminary "hitch-hop" on R ft (actually end of previous meas), step L ft sideways L. (ct 1) hop in place on L and swing R across in front of L leg, R knee bent (ct 2)  |

- 9 "Sopska" steps twd ctr: Place R directly in front of L, and bounce on both ft (balls, knees slightly flexed)(ct 1) bounce again as in ct 1 (Ct &) shift entire wt fwd onto ball of R ft(2)
- 10 Place L ft diag fwd L and bounce on both feet (balls, knees slightly flexed) (ct 1) bounce again as in ct 1 (Ct &), step onto L ft in front of R ft (ct 2)

FIG II:

- 1-7 Repeat meas 1-7 as in FIG I.
- 8 "Step-hop with straight R leg across": Still facing ctr, with a brief preliminary "hitch-hop" on R ft (actually end of previous meas) step L ft sideways L (ct 1) hop in place on L and swing straight R leg across in front (ct 2)
- 9 "Six Cross steps in place": Abruptly turning to face slightly R, spring onto R ft to R, flexing R knee as you land; simultaneously bring straight L leg across in front into a position (just above floor) to R of R ft (ct 1) shift wt onto L ft, flexing L knee slightly (ct &) shift wt onto R ft in its place (ct 2)
- 10 Knees flexed, step L ft in back of R ft, twisting body to face ctr (ct 1) step R ft in its place (ct &) step L ft in front of R ft (ct 2)