

# SOFIJSKO HORO

(Bulgaria)

This variant of the dance comes from the village of Sofia, which is found in Western Bulgaria. The version of the dance represents a typical presentation of the Shop ethnographic region. I learned this dance from Jordan Ianakiev at the State Choreographers School in Sofia, Bulgaria in 1979-80.

**PRONUNCIATION:** So-FIS-ko ho-RO

**FORMATION:** Belt hold position, Right arm under Left

**STYLE:** Small and energetic steps. Light and nimble dancing.

**METER:** 2/4 o o

**MUSIC:** Petur Iliev - Bulgarski narodni tanci, Side A, No. 1)

## PART I: 16 measures

<u>MEASURE</u>	<u>COUNT</u>	<u>PATTERN</u>
1		Run to the R, body 45o to the Right
2		R, L
3		R, L
4		R, R hop
5		Natrisane (Na-TRI-sa-ne)
6		Left foot touches, knee comes up quickly, jump onto L, quickly raising R knee.
7		Repeat on R
8		Repeat on L
9		R, L, R running quickly in place, knees up.
10		Jump forward onto L, touch R heel on floor, knees bent.
11		Turn back to Line of Direction (LOD), move R
12		Run R, L
13		Jump together, Hop on R, L knee up
14		Touch L ball of foot. Step L, R quickly
15		Repeat 11
16		Repeat 11

- 14 L, R , L running quickly in place, knees up.
- 15 Repeat R, L, R
- 16 Repeat measure 8 facing to the Left

PART II: 16 measures

- 1-8 Repeat Natrisane beginning with R foot (end with weight on L foot)
- 9 Fall onto R foot, crossing L.  
Step L.
- 10 Hop L, R foot circles behind,  
R, L quickly
- 11 Lift L heel, R knee comes up.  
Touch R heel in front, legs straight
- 12 Jump onto R moving Right.  
Touch L foot crossing behind R.
- 13 Jump onto both feet, heels turned to L,  
feet apart.
- 14 Repeat Natrisane L
- 15 Repeat Natrisane R
- 16 Repeat Natrisane L

REPEAT PART II TWO TIMES

