

ŠOPSKO ZA POJAS

SHOPSKO ZA POJAS (ZA POJAS)

(Bulgaria)

This is a widespread type of dance in the Shope district of Western Bulgaria near the border with Jugoslaviya (Serbia). It has a common 10 meas. pattern. Za Pojas means ("by the belt").

Record: Any Za Pojas or "Shopsko" recordings.

Meter: 2/4

Formation: Short lines with belt hold. L over R. Wt on L ft.

Style: Small sharp steps. Slight knee bend.

MEASURE	PATTERN
1	Facing slightly R of ctr, 3 small running steps R-L-R (1 & 2)
2	3 more running steps starting with L
3	Heavy step (with stamp) onto R with slight flexion of R and L leg somewhat extended to L (1) small hop on R (2)
4	still facing LOD, small step onto L (1) hop onto L (2)
5	facing ctr, small step onto R (1) hop on same (2)
6 -7	Facing ctr, do 4 grapevine steps to L, (L-R-L-R) stepping first onto L then crossing in front with R, then step on L and then cross in back etc...)
8	facing ctr, step onto L (1) hop on same picking up R slightly (2)
9	Do same as in meas. 8 with opp. ftwork
10	Repeat pattern of meas. 8

Notated by Yves Moreau