

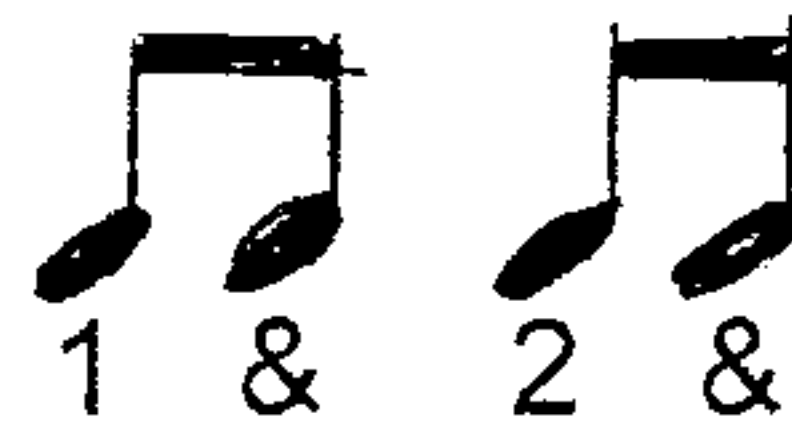
STARO GRADEŠNIŠKO HORO

Bulgaria

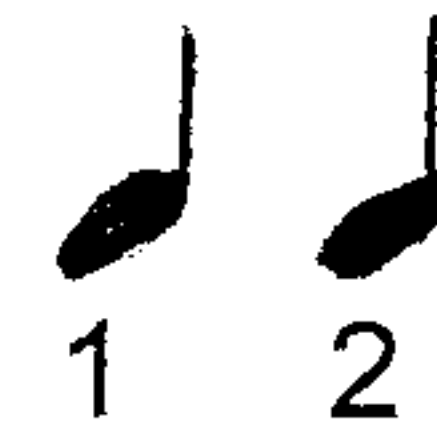
BACKGROUND: Dance named after the town of Dolna Gradešnica, a small town in the Pirin ethnographic region of Bulgaria. It is performed to the accomanyng song *Trâgna Moma Za Voda* (A girl left to get some water). The dance style is typical Pirin/Macedonian: light, small and bouncy steps. Characteristic is the little stop (pause) before the first step and the different amount of bars in Part 1 and 2.

METER

2/4



counted here as



MUSIC:

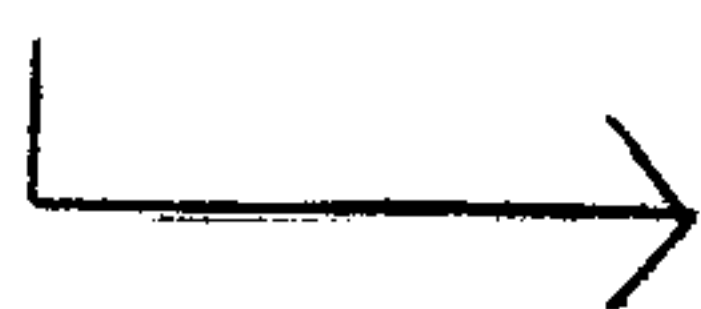
CD *Bulgarian Folk Dances* with Jaap Leegwater JL2010.01

FORMATION:

Open circle. Hands joint in V-postion

INTRODUCTION: 18 bars

DIRECTION MEAS CT DANCE PATTERN Part 1 "Song"



1

1

Facing ctr and moving sdwd R
step on Rft

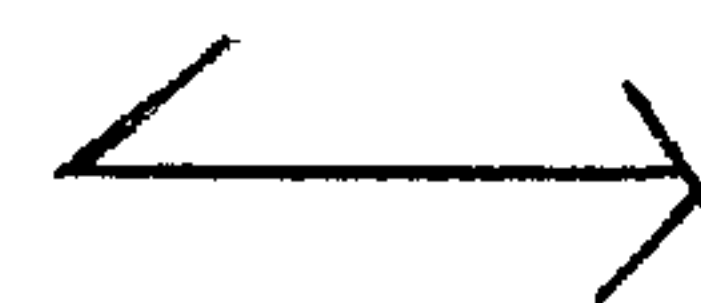
2

step on L ft next to R ft

2

1-2

step on R ft



3

1-2

step on L ft across infront of R ft

4-15

repeat action of meas 1-3 four more times



16

1-2

Facing ctr and moving sdwd L
step on R ft across behind L ft

17

1

step on Lft

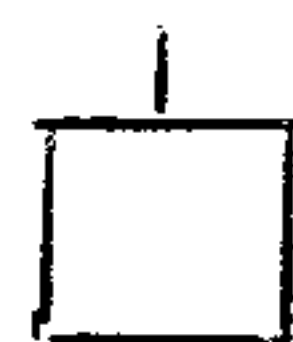
2

step on R ft next to L ft

18

1-2

step on L ft



19

1

stamp on R ft, without taking wt, next to L ft

20

hold:



:1-17:

repeat meas 1-17

:18:

1




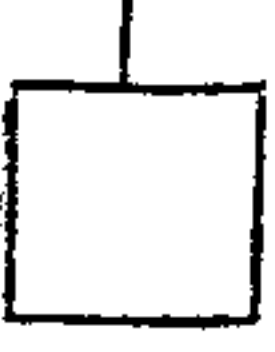
step on lft sdwd L

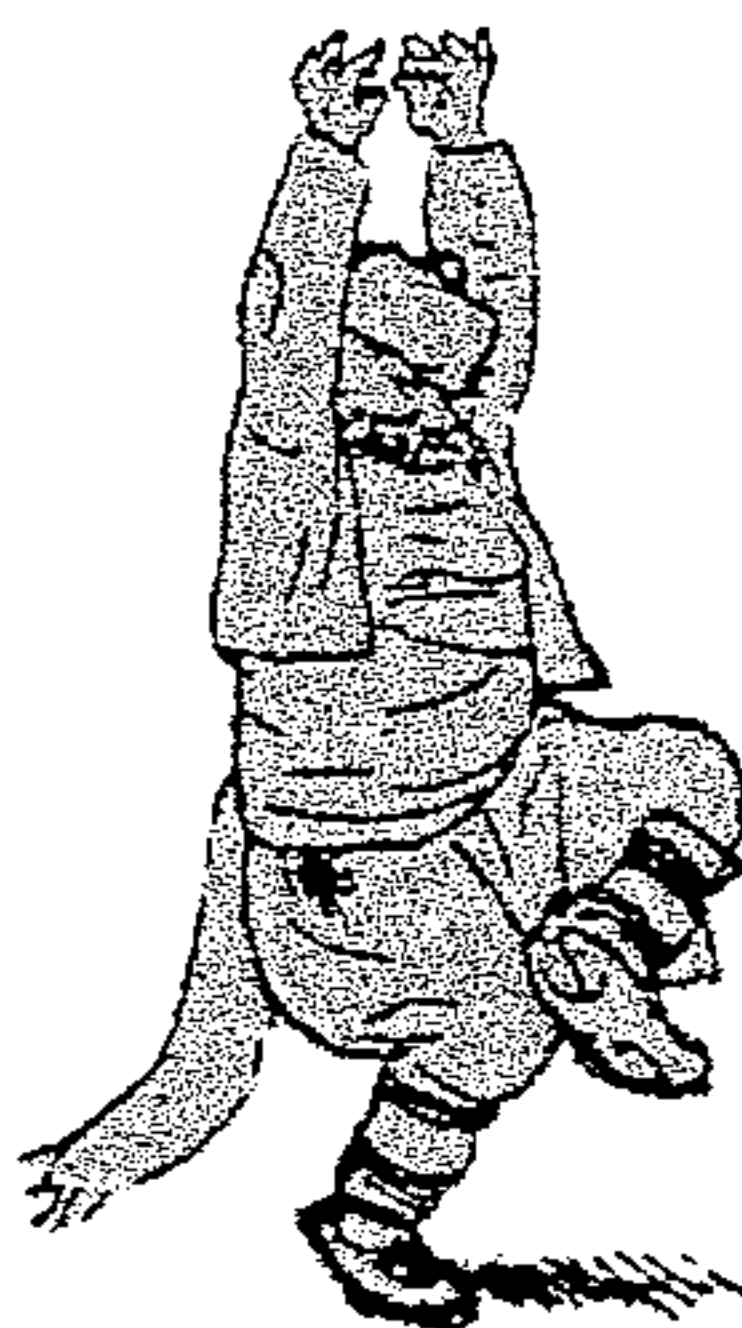
2

small hop on Lft, turning in LOD

STARO GRADEŠNIŠKO HORO (page 2 of 2)

DIRECTION MEAS CT DANCE PATTERN Part 2 "Instrumental"

	1	1-2	Facing ct. and moving in LOD, 2 running steps R, L
	2-3		2 small 3-step (<i>râčenica</i> 's) RLR, LRL
	4	1-2	2 running steps R, L
	5	1 2	small jump on both ft together shifting wt to R ft, lifting L ft
	6	1-2	Facing LOD, moving RLOD, 2 running steps L, R bkwd
	7	1 2	step on L ft sdwd L, turning face ctr step on R ft next to L ft
	8	1 2	step on L ft sdwd L small hop on L ft, turning face LOD
	:1-7:		repeat meas 1-7
	:8:	1-2	step on L ft sdwd L
	9	1-2	stamp on R ft, without wt, next to lft
	10		hold



Dance description by Jaap Leegwater 2010
Presented by Jaap Leegwater at the Camellia Dance Festival, Sacramento, CA