

Za Pojas

(Šopluk, Bulgaria)

Za Pojas (belt-hold) is the name of a very popular mixed (women and men) line dance in belt-hold position. It is performed on every occasion and everywhere in Šopluk ethnographic region, located in Central Western Bulgaria, covering a big area around the Bulgarian capital Sofia. As with other Bulgarian folklore dances there is a leader at the head of the line, "commanding" all the rest. The dance is known as well as Selsko Šopsko horo (Village Line Dance from Šopluk), Sitno Šopsko horo (Small-Stepped Line Dance from Šopluk), Šopsko Za Pojas (Belt-Hold Line Dance from Šopluk). The source is the Šopska Group for Authentic Dances, performed at Koprivštica 1986.

Pronunciation: Zah POH-yas.

Cassette: Folk Dances from Bulgaria - NK 1994.02 / A3. 2/4 meter
The 10-bar dance pattern coincides with the music patterns (8 and 12 bars) every 40th meas. Another piece in 2/4, phrased in 10, 15 bars, or having the same as present structure and called with one of the above names, can be used too.

Formation: Open circle, hands in belt-hold position, L over R.

Styling: Šopski styling includes: small, light steps with knee and ankle bounces, high knee lifting for men. Weight is constantly on the front half of the feet. The whole body is straight and leans slightly fwd. The tilting comes from bending the ankles.

Meas

Pattern

16 meas INTRODUCTION. No action.

FIGURE 1: KREPI (KREH- pih)

- 1 Moving in LOD, step fwd on R (ct 1); step fwd on L (ct 2).
- 2 Step fwd on R (ct 1); step fwd on L (ct 2).
- 3 Step fwd on R, deeply bending R knee (ct 1); straighten R knee, lifting L knee (ct 2).
- 4 Repeat meas 3 with opp ftwk.
- 5 Facing ctr, step on R to R, lifting L knee (ct 1); pump L leg fwd low, slightly across in front of R (ct 2).
- 6 Step sdwd L on L (ct 1); step on R in front of L (ct 2).
- 7 Step sdwd L on L (ct 1); step on R behind L (ct 2).
- 8 Big step fwd on L, deeply bending L knee (ct 1); tap L heel slightly, straightening L, simultaneously lift R knee (ct 2).
- 9 Big step fwd on R, deeply bending R knee (ct 1); facing LOD, tap R heel slightly, straightening R, simultaneously lift L knee (ct 2).
- 10 Big step fwd on L, bending L knee (ct 1); tap L heel slightly, straightening L, simultaneously lift R knee (ct 2).

Za Pojas—continued

FIGURE II: RIPNI (RIHP-nih)

- 1-2 Moving in LOD, repeat action of Fig I, meas 1-2.
- 3 Jump on both ft (ct 1); hop on R, kicking L heel bkwd (ct 2).
- 4 Step fwd on L (ct 1); tap L heel, lifting R knee (ct 2).
- 5-7 Facing ctr, repeat Fig I, meas 5-7.
- 8 Moving in RLOD, step bkwd on L (ct 1); bounce with L knee (ct 2).
- 9 Step bkwd on R (ct 1); bounce with R knee (ct 2).
- 10 Step bkwd on L (ct 1); step on R in place (ct &); step on L in place, bending L knee, simultaneously lifting R knee (ct 2).

SUGGESTED SEQUENCE:

Fig I two times.

Fig II two times.

Keep that structure till the end of the dance.

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