

ZA POJAS

Record: "Sofisko Shopsko Horo" MH109
Source: Dick Crum from "Koutev" Bulgarian State Dance Company
Formation: Belt hold - L over - separate lines.
Notes: Dance from area around Sofia, by Sop people - has rather earthy quality and the down-accented flatfootedness brings about a certain trembling in the dancer.
Rhythm: Meter is 2/4 - divided evenly or Quick-Quick-Slow.
Meas 1-2 Two wide spread running "threes" to R - RLR, LRL.
Meas 3 Continue to R step R with slight lift on L
Meas 4 Repeat with L
Meas 5 Step R to R swing L across in front of R
Meas 6 Grapevine to L: L to L, R behind L
Meas 7 L to L, R in front of L.
Meas 8-9 To L diagonal back: Walk L, lift, walk R, Lift.
Meas 10 step L with slight swing of R to front of L.