

Z A P O J A S

Source: Za Pojas (zah-PO-yas - "on the belt") comes from the region of Nova Zagora, Bulgaria. Dance is described in "Dances from Bulgaria", Vol. III, dance no. 10, by B. Tsonev published in Sophia, 1955.

Record: XOPO 308-A "Novo Zagorsko Horo" (2/4 time, no introduction).

Formation: Open kolo (broken circle). Dancers hold neighbors by belts, L arm over R. End dancers hold handkerchief in free hand.

Steps: Though wt. is on balls of ft., heels are close to ground. On leaps the emphasis is more on height than on distance.

<u>Meas.</u>	<u>Pattern</u>
1	Moving in LOD, leap onto R (ct. 1). Step L in front of R (ct. 2).
2-3	Repeat action of meas. 1 twice (3 in all).
4	Step R to R side (ct. 1). Hop on R, swinging L across in front of R (ct 2).
5	Step L to L side (ct. 1). Hop on L, swinging R across in front of L (ct 2).
6	Repeat action of meas. 4 (step-hop on R).
7-9	Repeat action of meas. 1-3 but move to RLCD. Leap onto L and cross R in front.
10	Step-hop on L, swinging R.
11	Step hop on R, swinging L.
12	Moving into center, step L (ct 1), R (ct &), L (ct 2). Hold (ct 4).
13	Still moving into center, step-hop on R. On hop bend L knee and raise it high.
14-16	Move out of center on 3 step-hops (L, R, L). On each hop the knee of the free leg is bent and raised high.

Repeat above pattern to end of dance. NOTES BY RUTH RULING.