

Name: **Sopsko Horo**
Origin: **Bulgaria**

Source: **Dick Oakes' Folk Dance**
Descriptions

Pronunciation: SHOHP-skoh hoh-ROH.

Translation: Šop dance.

Source: Dennis Boxell arranged this medley of steps from Graovsko Horo, Zidarsko Horo, and original source material he learned in Europe during 1961. He subsequently taught the dance to folk dancers in the United States where it has become a favorite.

Background: The steps of this dance are typical of the Šop ethnographic region in western Bulgaria. The horo was, until recently, danced every Sunday and on holidays all over Bulgaria, and is still danced at weddings, country fairs, regional festivals, and at large national festivals, such as held at Koprivštica every five years.

Music: XOPO (LP) X-LP-1, side B, band 5XOPO (45rpm) X-309.

Formation: Segregated short lines of dancers holding neighbors' belts ("na lesa") in "X" pos, R arm under.

Rhythm: 2/4.

Steps/Style: Šopska step: Bounce on both ft with wt predominately on R (ct 1); bounce on both ft with wt predominately on L (ct &); step R in place raising bent L knee with L ft beside lower part of R calf (ct 2). Repeat action for next meas with opp ftwk. Repeat action of both meas. (Total of 4 meas.) Traveling step: With wt on L, L knee bent, touch R heel fwd with R knee straight, body leaning slightly to R (ct 1); step R fwd, body straight (ct 2). Repeat action for next meas with opp ftwk. Repeat action of both meas. (Total of 4 meas.) Graovsko step: With wt on L, trace a small double cir in the air with R knee straight, body leaning slightly to R (cts 1-2); Step R fwd, body straight (ct 1); slap L strongly fwd, L knee straight, R

knee bent (ct 2); Step L bwd (ct 1); step R bwd (ct 2); Step L bwd (ct 1); hop L raising bent R knee with R beside lower part of L calf (ct 2). (Total of 4 meas.) Running threes: Facing diag R, run R,L,R (cts 1&2); Repeat action of the first meas, alternating ftwk, three more times. (Total of 4 meas.) Šopska-point step: Bounce on both ft with wt predominately on R (ct 1); bounce on both ft with wt predominately on L (ct &); step R bending R knee and thrusting straight L leg fwd and down (ct 2); Repeat action of first meas with opp ftwk. Repeat action of first meas. Close L forcefully to R with heel-click (ct 1); hold, taking wt on L (ct 2). (Total of 4 meas.) Pawing step: Hop L bringing R knee up in front (ct 1); extend R fwd straightening R knee (ct &); bending R knee, brush R bwd beside L (ct 2); Repeat action of first meas. (Total of 2 meas.) (This step resembles the pawing of a horse's foreleg.) Zidarsko step: Hop L raising bent R knee high in front (ct 1); strike R heel forcefully slightly fwd (ct 2); Facing slightly L, step R in place (ct 1); strike L heel (ct 2); Facing ctr, step L bwd (ct 1); facing R, step R swd away from ctr (ct 2); Step L in place twd ctr (ct 1); pivoting slowly on L to begin facing ctr, and yelling "o-o-O-OH!" with a rising tone, raise straight R leg in front (ct 2); Facing ctr, and yelling "PAH!" strongly, slap R fwd with emphasis, R knee straight, L knee bent (ct 1); hold (ct 2). (Total of 5 meas.) Grapevine step: Facing fwd, step R swd leaning fwd from hips (ct 1); step L in back of R straightening body (ct 2); Step swd R (ct 1); step L in front of R (ct 2). (Total of 2 meas.) Hopping step: Hop L moving slightly swd R, simultaneously touching R toe diag out to R (ct 1); hop L moving slightly swd R, simultaneously touching R toe fwd in front of L (ct 2). Repeat action of first meas. (Total of 2 meas.).

Introduction: No action, or start at beg of any meas.

Description:

I. Edno (ED-noh) "One"

1-2 Four running steps Rlrl to R raising knees.

3-6 Šopska Step in place.

7-10 Traveling Heels fwd.

11-14 Graovsko Step.

15 Step in place R (ct 1); hop R raising bend L knee with L ft beside lower part of R calf (ct 2).

16 Repeat action of mes 15 with opp ftwk.

II. Dve (dveh) "Two"

1-4 Running Threes to R.

5-8 Šopska-Point Step facing ctr.

9-10 Pawing Step.

11 Hop L raising bent R knee high in front (ct 1); strike R heel forcefully slightly fwd (ct 2).

12 Facing slightly L, step R in place (ct 1); strike L heel (ct 2).

13 Step L bwd (ct 1); step R bwd (ct 2).

14 Step L in place (ct 1); hop L raising bent R knee with R ft beside lower part of L calf (ct 2).

15 Repeat action of meas 14 with opp ftwk.

16 Repeat action of meas 14.

III. Tri (tree) "Three"

1-2 Four running steps Rlrl to R raising knees.

3-6 Šopska Step in place facing ctr.

7-11 Zidarsko Step.

12 Turning body slightly to L and yelling "Eee!," step R in place with emphasis (ct 1); yelling "Hah!," stamp L close behind and almost perpendicular to R heel (ct 2).

13-16 Repeat action of Fig II, meas 13-16.

IV. Četiri (cheh-t-ree) "Four"

1-2 Four running steps Rlrl to R raising knees.

3-4 Grapevine Step facing ctr.

5-6 Hopping Step swd R.

7 Hop L (ct 1); step R swd (ct &); step L beside or slightly in front of R (ct 2).

8 Small leap R swd (ct 1); stamp L beside R no wt (ct 2).

9 Small leap L swd (ct 1); stamp R beside L no wt (ct 2); small leap fwd (ct &).

10 Step L beside R raising acutely bent R knee across L leg (ct 1); hold (ct 2); small leap R fwd (ct &).

11 Repeat action of meas 10.

12 Step L beside R raising straight R leg in front (ct 1); beginning to trace a CW cir in the air, lower straight R leg in front (ct 2).

13-14 Continue leg cir motion by tracing two slow CW cir in the air with bent leg, starting at bottom of cir.

15 Trace an even slower, larger partial cir CW in the air (in preparation for a leap onto R).

16 Leap R in place extending L fwd (ct 1); slap L strongly fwd, L knee straight, R knee bent (ct 2).

17-20 Repeat action of Fig II, meas 13-16.

Notes: The figures may be danced as many times or in any order the leader wishes, although they are usually danced by folk dancers in the United States in the order shown above.

Arranged sequence

For performing or just for fun with the XOPO 45rpm record, the dance works out nicely as follows (no introduction):

Fig I - 2 times Fig II - 2 times Fig III - 2 times Fig IV - 3 times -
After three 16-meas phrases there is a 12-meas interlude! Fig I - 2
times Fig II - 2 times Fig III - 2 times - except instead of last step-
lift, leap L and slap R fwd, bending at waist, head up.

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