

## Selsko Šopsko Horo - Bulgaria

Translation: 1. Village line dance from the ethnographical region of Šopluk, West-Bulgaria.  
2. Straight line dance from the Šop-region.

Pronunciation: SEL-skoh SHOHP-skoh hoh-ROH

This dance is one of the most popular line dances throughout the entire Šop-region in West-Bulgaria - it can be considered as the Pravo Horo of Šopluk. It is done by both men and women in a mixed line.

The following names are used for the same dance:

- Selsko Šopsko Horo (Village dance from Šopluk)
- Šopsko za Pojas or Za Pojas (Belt hold line dance)
- Sitno Šopsko Horo (Small-stepped dance from Šopluk)
- Pravo Šopsko Horo (Straight line dance from Šopluk)

The Šop version of the Pravo-step contains four quick steps followed by two slow ones:

Q Q | Q Q | S | S (This step covers four measures)

Like many dances from Šopluk this one too shares the typical feature of a 10 measure dance phrase. Other dances from this region with a 10 measure basic dance pattern are: Kjustendilska Râčenica or Kopčeto and the original and older forms of Pajduško and Četvorno.

Formation: Open circle. Hands at belt-hold pos, L arm over (Za Pojas or Na Pojas)

Introduction: 32 measures

### Meas **Part 1 "Ljuš" (Balance)**

- 1 Facing and moving in LOD, step on R ft (ct 1); step on L ft (ct 2) .
  - 2 Repeat meas 1.
  - 3 Step on R ft, slightly bending both knees (ct 1); take wt off L ft (ct 2).
  - 4 Step on L ft, slightly bending both knees (ct 1); take wt off R ft (ct 2).
  - 5 Turning to face ctr, step on R ft sdwd R and leave the ball of the L ft on the floor (ct 1); hold (ct 2).
  - 6 Facing ctr and moving sdwd L, step on L ft (ct 1); step on R ft in front of L ft (ct 2).
  - 7 Step on L ft (ct 1); step on R ft behind L ft (ct 2).
  - 8 Balance on L ft (ct 1); hold (ct 2).
  - 9 Balance on R ft (ct 1); hold (ct 2).
  - 10 Balance on L ft (ct 1); lift R ft off floor (ct 2).
- Note: The steps of meas 6-10 are performed very light with small lifts and syncopated bounces.

### Meas **Part 2 "Nazad" (Backwards)**

- 1-7 Repeat meas 1-7 of Part 1, turning body to face LOD on meas 7.
- 8 Facing LOD and moving bkwd in RLOD, step on L ft, slightly bending body fwd (ct 1); bounce on L ft (ct 2).
- 9 Step on R ft (ct 1); bounce on R ft (ct 2).
- 10 Step on L ft in place (ct 1); bounce on L ft in place (ct 2).

Meas            **Part 3 "Nabivane" (Stamp)**

1-2            Repeat meas 1-2 of Part 1.

3-4            Two flat three-steps R,L,R; L,R,L.

5              Turning to face ctr, leap onto R ft, lifting L knee sharply in front (ct 1); strike L heel, without wt. next to R toes (ct 2).

6              Moving sdwd to L and look sdwd across L shldr, leap onto L ft (ct 1); leap onto R ft in front of L (ct 2).

7              Leap onto L ft (ct 1); leap onto R ft behind L.(ct 2).

8              Facing ctr and dance in place, small leap onto both ft together (ct 1); hop on L ft, sharply lifting R knee in front (ct 2).

9-10          Two flat three steps R,L,R; L,R,L.

Dance Sequence: The different variations - Part 1,2 and 3, are alternated based on the direction of the Horovodec (leader of the line).

Notes by Jaap Leegwater

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