

Staro Gradešniško Horo

(Bulgaria, Pirin)

Staro Gradešniško Horo (STAH-roh grah-dehss-NEESH-koh hoh-ROH) is named after the town of Doina Gradešniška, a small town in the Pirin ethnographic region of Bulgaria. It is performed to the accompanying song, *Trâgna Moma Za Voda* (A Girl Left to Get Some Water). This dance was presented by Jaap Leegwater at the 2011 Stockton Folk Dance Camp.

Music: 2/4 meter CD: *Bulgarian Folk Dances with Jaap Leegwater, Stockton Edition, Track 12*

Video: *2011 Stockton Folk Dance Camp, DVD*. Camp videos can be viewed in the library at University of the Pacific, or by contacting a camp participant who purchased it.
Youtube Video: <http://www.youtube.com/watch?v=VcYOihd5O9w>

Formation: Circle of dancers facing center; hands in V-position.

Steps and Styling: The dance style is typical Pirin/Macedonian: light, small and bouncy steps. Characteristic is the little stop (pause) before the first step and the different amount of meas in Parts I and II.

Measures	2/4 meter	PATTERN
		<u>INTRODUCTION</u> . No action.
	I.	<u>Vocal</u>
1		No action.
2-3		Facing ctr, step R to R (ct 1), step L beside R (ct 2), step R to R (cts 3, 4).
4		Step L in front of R (cts 1, 2).
5-16		Repeat meas 2-4 four more times.
17		Step back on R (cts 1, 2).
18-19		Step L to L (ct 1), step R next to L (ct 2), step L to L (cts 3, 4).
20		Lightly stamp R, no wt (cts 1, 2)
21-37		Repeat meas 1-17.
38-39		Step L to L (ct 1), step R next to L (ct 2), step L to L (ct 3), turning to face LOD, hop on L while flicking R next to L calf (ct 4).
	II.	<u>Instrumental</u>
1		Moving in LOD, 2 running steps R-L (cts 1, 2).
2-3		2 small Racenica steps R-L-R, L-R-L (cts 1, &, 2, 3, &, 4)
4		2 running steps R-L (cts 1, 2).

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- 5 Small jump on both ft together (ct 1), shifting wt to R, lift L ft, bending knee (ct 2).
- 6-7 Turning to face center, step L to L (ct 1), step R next to L (ct 2), step L to L (ct 3), turning to face LOD, hop on L while flicking R next to L calf (ct 4).
- 8-12 Repeat Part II, meas 1-5.
- 13-14 Step L to L (ct 1), step R next to L (ct 2), turning to face ctr, step L to L (cts 1, 2).
- 15 Lightly stamp R, no wt (cts 1, 2)
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